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“MAIN”
Cookery
Book



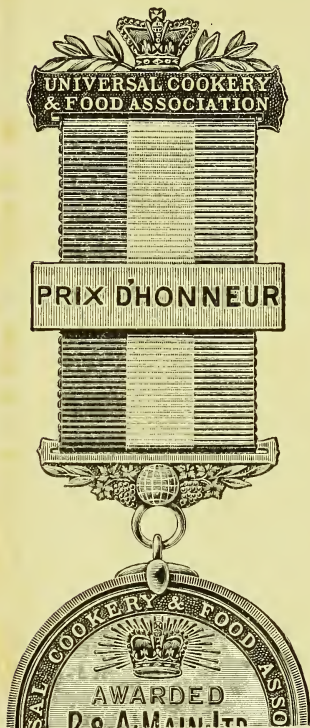
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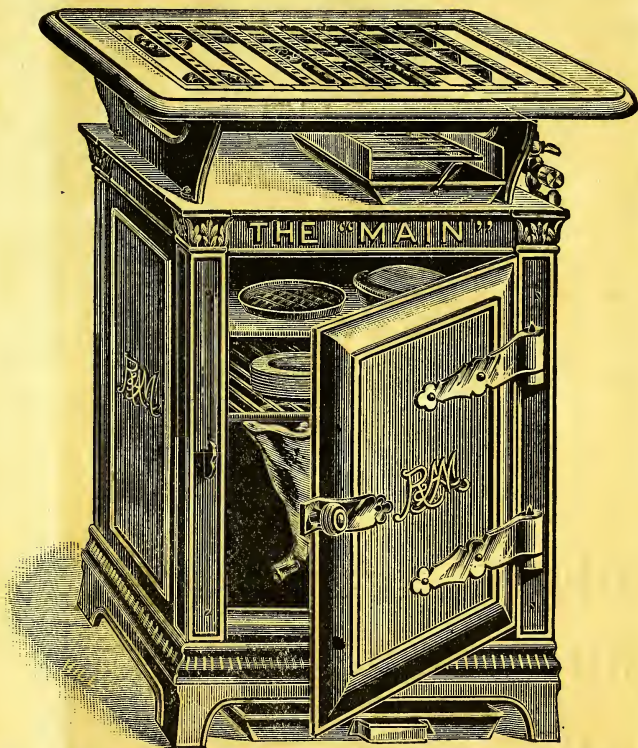
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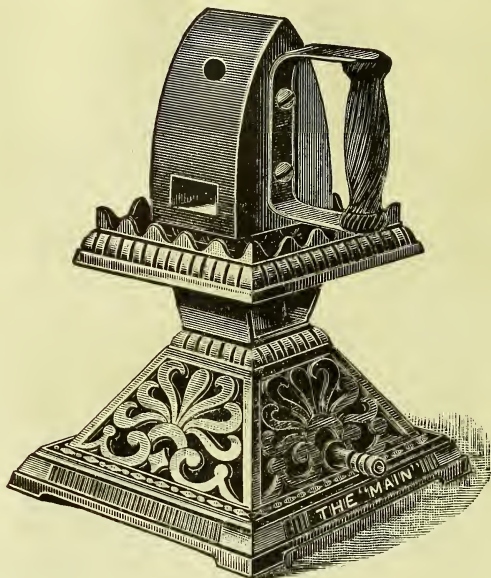
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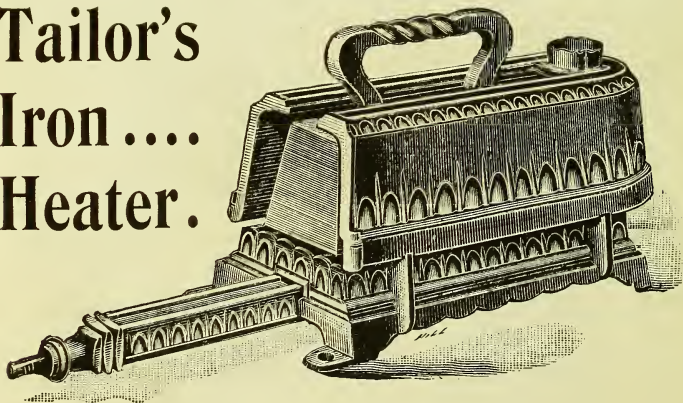
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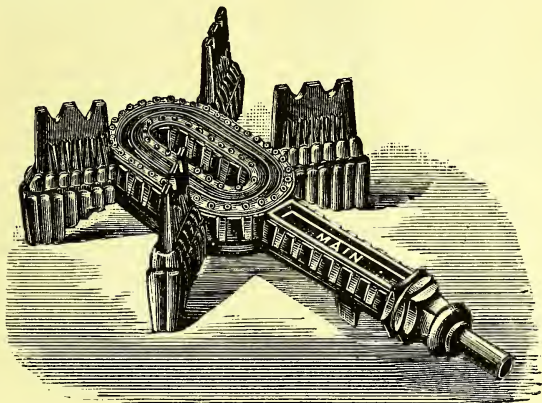


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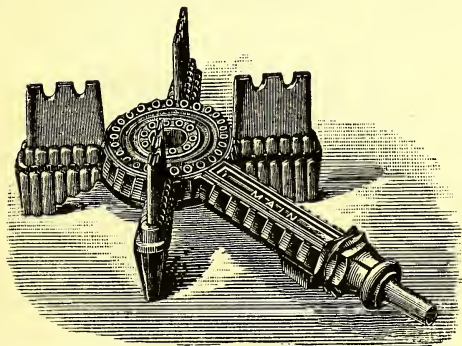
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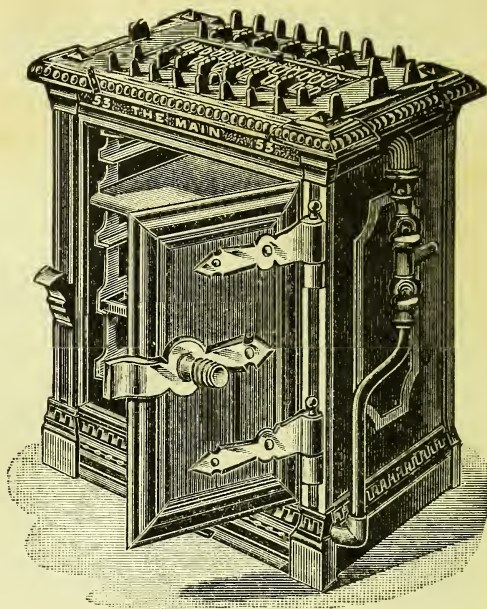


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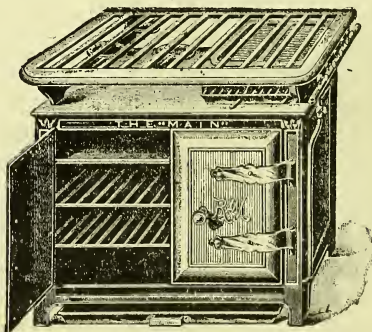
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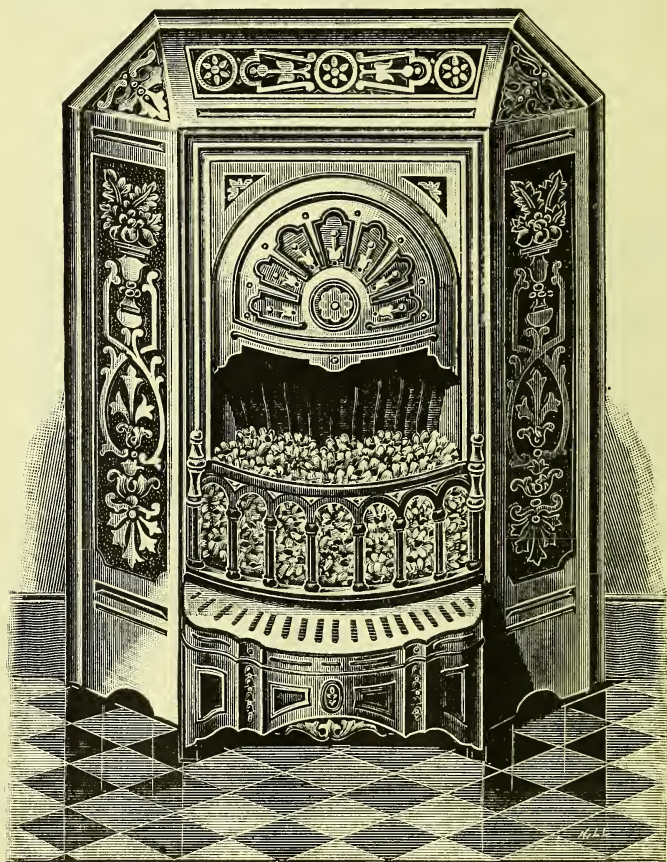


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COOKING BY GAS.

GAS has become a household necessity; whether it costs 2s. or 3s. per thousand feet it is economy to use it for cooking food. The question respecting the comfort, convenience and safety of a gas cooking stove has never been doubted, but upon the question concerning its economy opinions differ. If, however, comparison were made by those who are in doubt as to the actual amount of fuel consumed for cooking different kinds of food, it would be an easy matter to see that gas, even at the price of 3s. or 3s. 6d. per thousand feet, is far more economical than coal. Meat, poultry and fish when cooked in a gas oven are, as a rule, heavier in weight than is the case when these are cooked in a coal range. A recent experiment made by the writer has convinced him that in cooking meat in a coal range the average loss in weight is 35 per cent., whilst in cooking the same quantity in a gas range only 25 per cent. of actual loss occurred. This alone is a striking evidence of economy effected by roasting or baking meat in a gas oven; but this is only one of many other advantages gained by gas cooking.

When a gas stove is properly managed it will be found that the food cooked in it is more juicy, more tender, and altogether more appetising and more satisfying than by cooking it in the old style.

Here are a few practical points touching upon the economy of cooking by gas :

1. Gas stoves can be cleaned in a much shorter space of time than coal stoves or ranges.
2. There is no soot or smoke from gas, hence the cooking must be much cleaner.
3. A first class coal range costs nearly double as much as a first class gas stove, such as the "Main," and with proper care the latter will last as long again as the former.
4. By means of a gas stove the desired heat for cooking can be got just at the moment it is wanted. It can be regulated at will, from a slow heat, simmering heat, to a brisk heat. It is not only possible to get these three degrees of heat from a gas stove, but it is possible to get all three at the same time. This is something which cannot be done on a coal stove.
5. A gas stove can be turned off in a moment ; this cannot be done with a coal stove.
6. There is absolutely no waste of fuel in using a gas stove, because the gas is turned off the moment the cooking is done with, and if wanted again a few minutes later, it can be relighted, and will be ready for immediate use.
7. Great saving in the gas bill is obtained by not keeping the gas burning when not in actual use ; therefore guard against waste of gas.

For all cooking purposes gas has been found exceedingly useful ; whilst for grilling, broiling and baking the best possible results are obtained by means

of a gas stove. It is an acknowledged fact that the food value of meat depends largely upon the amount of the nutritious juices retained in it during the process of cooking, and it is from this point that great saving can be obtained by using gas to cook with.

During the warm weather a hot kitchen is not desirable; and here again a gas stove will prove its superiority over a coal stove, for a gas stove will give only just heat enough to cook a meal, and can be then turned off, so that there is no superfluous heat, as is the case in using a coal stove.

A model kitchen of the present day would not be complete without a gas stove, because in an up-to-date kitchen everything is simplified and as perfect as it can be. A kitchen fitted with an "up-to-date" gas kitchener is almost a case of "you touch the button and I will do the rest," for it can do nearly everything but talk.

A good gas stove in a kitchen is the ideal of the present culinary and domestic economy. For the servant or cook it is particularly so; with a gas stove there is no carrying up coal, no setting the fire, kindling the wood, nor raking out ashes and cleaning flues. In fact nothing is needed—to worry the mind or try the temper of a cook—except a match to light the gas. The "Main" gas cooking stove and careful attention to any of the following recipes will do the rest.

SOUPS.

HOW TO PRODUCE A GOOD STOCK FOR SOUPS.

INGREDIENTS.

$1\frac{1}{2}$ lb. <i>knuckle of veal.</i>	3 lb. <i>skin, shoulder, or</i>
About 1 lb. <i>beef or veal</i>	<i>clod of beef.</i>
<i>bones.</i>	2 <i>small onions.</i>
2 <i>small carrots.</i>	<i>A few celery leaves.</i>
2 <i>cloves.</i>	12 <i>peppercorns.</i>
1 <i>small bunch soup herbs.</i>	1 or 2 <i>leeks.</i>
$1\frac{1}{2}$ <i>gallon water.</i>	$1\frac{1}{2}$ <i>oz. salt.</i>

METHOD.—Put the bones and meat in a well-tinned stockpot. Prepare the vegetables, etc., ready for boiling, put the water and salt on to the meat and bones, and bring slowly to the boil, skim, add about half a gill of cold water, and skim again as it boils a second time, then add the vegetables, herbs, etc. (The cloves are best stuck into an onion). Turn up the gas, let the whole come to the boil, remove the scum that rises to the surface, lower the gas jets, and let the stock simmer gently from three and a half to four hours. This scum should be put aside in a basin and used up with other fat when clarifying for frying purposes. As soon as the broth or stock is cooked sufficiently, take out the meat and put it on a dish to be used up in some form or for second stock. Strain the broth through a wet napkin, colour it with a few drops of caramel if required for brown stock or soup. If required to be served thin, taste it and add a little

more salt or pepper if it be required. If required for stock it is best to keep it without any additional seasoning and in its natural colour.

GRAVY SOUP.

If the foregoing stock is carefully made and kept well skimmed, a very good gravy soup can be produced by the addition of a pint of rich gravy and a handful of soup vegetables—carrot, turnip, celery, etc.—all cut into small dice and boiled in the soup. Great care must be taken to keep the stock clear.

CONSOMMÉ.

This is clarified stock, enriched and strengthened with meat and fresh vegetable flavour. Almost every kind of clear soup, known as consommé in the culinary language, is prepared in this manner. The different new names applied to consommés generally refer to the garnishing which is added to them. Thus a *spring soup*, or consommé à la printanière, is made with clear soup and a garnishing of spring vegetables (mixed) cut into neat shapes and boiled therein until tender.

The following is a simple way of producing consommé, by which means any cloudy stock can be clarified :

INGREDIENTS.

$\frac{1}{2}$ onion.	$\frac{1}{2}$ carrot.
$\frac{1}{4}$ leek.	1 clove.
$\frac{1}{2}$ small bayleaf.	$\frac{1}{4}$ head of celery.
A few sprigs of parsley.	1 sprig of thyme and
6 peppercorns.	marjoram. [chervil.
1 white of egg and shell.	1 sprig tarragon and
Salt and sugar.	$\frac{1}{2}$ small lemon or 1 teaspoon-
$\frac{3}{4}$ lb. lean beef.	ful French vinegar.

METHOD.—The stock should be cold for clarifying. Remove all the fat. Prepare the vegetables, wash and cut into small slices, put it, together with the herbs, clove, bayleaf, and peppercorns, in a well-tinned stewpan. Pass the meat through a mincing machine several times, or chop finely. Whisk the white of egg a little and put with the meat; moisten with a dessert-spoonful of cold water; put this with the shells along with the stock into the stewpan containing the vegetables. Stir over the gas burner until it commences to boil, turn down gas jets, and let simmer gently for about fifteen minutes. Season to taste with salt and a pinch of castor sugar. Strain through a cloth. It is then ready for use.

BOUILLON, OR BEEF BROTH WITH EGGS.

Prepare a stock with beef, shoulder, flank or sticking, allowing 1 lb. of meat and bones to each quart of water. Place it on the gas, adding a little salt; let it come gently to the boil, and remove the scum. Add the soup vegetables, such as carrot, turnip, onion and leek, previously cleaned and peeled, also a few peppercorns and a couple of bayleaves. Cook gently from two and a half to three hours. Beat up one or two eggs in a soup tureen, add to it a table-spoonful or less of finely chopped parsley and chives, and pour into it some of the strained stock, which is known as broth or bouillon; season to taste with salt, pepper, and grated nutmeg, and serve. Allow one egg to every quart of broth.

CROÛTE-AU-POT (BEEF BROTH).

INGREDIENTS.

2 quarts good first stock.	1 carrot.	
1 turnip.	$\frac{1}{2}$ cabbage.	
2 oz. butter.	1 dinner roll.	[season.
Parsley or chives.	Pepper, salt and nutmeg to	

METHOD.—The stock should be made from beef and veal bones, well skimmed, but need not necessarily be clarified. The vegetables, after being washed and pared, may be cooked whole in the stockpot.

Cut the carrot and turnip into round slices, drain the cabbage and cut into small pieces. Put all the vegetables in a stewpan with the butter, cover and cook slowly for about ten minutes. Season with pepper, salt, and a little grated nutmeg. Strain the stock on to the vegetables, and let simmer for about thirty minutes with the gas very low; skim occasionally.

Cut the roll into thin round slices, place them on a baking sheet, bake them on both sides a golden brown in a moderate oven. Put them in a soup tureen, moisten with a little stock, pour the soup over, sprinkle over with a little chopped parsley or chives, and serve.

TOMATO SOUP.

INGREDIENTS.

1 lb. <i>fresh or preserved</i>	1½ oz. <i>flour.</i>
<i>tomatoes.</i>	2 oz. <i>butter.</i>
<i>Fish bones and trimmings</i>	½ pint <i>milk.</i>
<i>(those from a brill or</i>	1 <i>onion.</i>
<i>plaice will do nicely).</i>	3 <i>cloves.</i>
1 <i>small blade of mace.</i>	1 <i>bouquet garni.</i>
<i>A tablespoonful of crushed</i>	<i>Pepper and salt.</i>
<i>tapioca.</i>	

METHOD.—Chop up the fish bones, put them, together with the trimmings, in a stewpan, add about three pints of water, the onion (peeled and stuck with the cloves), the mace and bouquet; turn on the gas, let it boil, skim, turn down gas jets, and simmer

for about half an hour. Cut the tomatoes into slices. Melt the butter in a stewpan, turn up the gas, and broil the tomatoes in the butter. Strain the fish-stock into this. Stir the milk into the flour and put with the soup, stir until it begins to boil, skim, turn down the gas, and cook slowly for half an hour. Season with pepper and salt. Rub through a fine sieve, boil again, stir in the tapioca, turn down gas, and let simmer for another ten minutes, and serve.

COCK-A-LEEKIE SOUP.

INGREDIENTS.

1 <i>small fowl.</i>	2 oz. <i>butter.</i>
1 <i>bunch leeks.</i>	<i>Parsley.</i>
1 <i>bayleaf and a few aromatic herbs tied together in a bunch.</i>	2 <i>quarts first stock.</i>
	<i>Salt and pepper.</i>

METHOD.—Singe and draw the fowl, wipe it inside and out with a damp cloth, and cut it into small joints. Melt the butter in a large stewpan, when hot put in the pieces of fowl, and fry them a nice brown colour. Pour off the butter and add the stock, using beef broth or first stock, which must not be cloudy; add also a pint of water, season with a little salt and peppercorns, and let it boil slowly, removing the scum as it rises to the surface. Trim, wash and clean the leeks, cut the white parts into convenient sized lengths, blanch and parboil in salted water, take up and drain. Remove the pieces of fowl from the soup, cut off the meat, and shape in dice or half-inch lengths; put these in another stewpan, strain the broth over it, add the leeks and the bunch of parsley and herbs, cover, and let simmer gently, with the gas very low, for about an hour. Take out the parsley

and herbs. Skim off the fat and season to taste with salt and pepper. The soup is then ready for serving.

SORREL SOUP.

INGREDIENTS.

$\frac{1}{4}$ lb. sorrel picked and washed.	1 small cabbage lettuce.
	1 oz. butter.
3 or 4 sprigs of tarragon.	$1\frac{1}{2}$ pint stock.
A few sprigs of chervil.	$\frac{1}{2}$ pint béchamel sauce.
1 gill cream.	3 yolks of eggs.
Salt, pepper and nutmeg.	

METHOD.—Wash the sorrel and the lettuce, cut up both small and put in a stewpan with the butter. Cook whilst stirring for about five minutes, then add the stock, turn down the gas a little, and let the whole simmer gently for half an hour or so, and rub through a fine sieve. Return the purée to a clean stewpan with the béchamel sauce, season to taste with salt, pepper and a grate of nutmeg, and reheat; add the tarragon and chervil, cleaned and cut into shreds; cook for a few minutes longer, then add the cream and the egg yolks, previously beaten with a whisk; stir over the gas for a few moments to cook the eggs, then serve.

BRUSSELS SPROUTS SOUP.

INGREDIENTS.

$1\frac{1}{2}$ lb. brussels sprouts.	3 pints of good stock.
1 gill cream. [nutmeg.	A small piece of soda.
Salt, pepper and grated	

METHOD.—Wash and trim the sprouts, cook them till tender in salted water containing a very small

piece of soda (to preserve the colour). Drain well and rub through a sieve, put the purée in a stewpan with the stock, boil up and let simmer for a few minutes, take off the scum, season to taste, add the cream, turn down the gas very low, and keep hot till wanted for table, but on no account let the soup boil again after the cream is once added.

VEGETABLE MARROW SOUP.

INGREDIENTS.

1 <i>vegetable marrow.</i>	$\frac{1}{2}$ oz. <i>flour.</i>
2 <i>pints stock.</i>	<i>Seasoning.</i>
$\frac{1}{2}$ <i>pint milk.</i>	<i>Fried croûtons.</i>
$1\frac{1}{2}$ oz. <i>butter.</i>	

METHOD.—Cook the marrow, which must be peeled and have the seeds removed, in 1 oz. of butter until the butter is absorbed. Pour on to the marrow the stock and cook until tender. Pass the stock and vegetable through a hair sieve.

Blend $\frac{1}{2}$ oz. of butter in a stewpan with the flour and add the purée; stir until boiling. Add the milk, reheat, and season with pepper and salt. Serve with fried croûtons. Sufficient for eight people.

PURÉE OF CARROTS WITH RICE.

INGREDIENTS.

10 <i>large French carrots.</i>	3 oz. <i>butter.</i>
1 <i>leek.</i>	1 <i>dessertspoonful sugar.</i>
1 oz. <i>cornflour.</i>	$\frac{1}{4}$ lb. <i>rice.</i>
A <i>pat of fresh butter.</i>	<i>Nutmeg, pepper and salt.</i>
2 <i>quarts stock.</i>	

METHOD.—Wash and scrape ten large French

carrots, shred off all the red part, parboil them for five minutes, drain dry, and put them in a stewpan with 3 oz. of butter, a large sliced onion, and the white part of a leek, stir over the gas burner for a few minutes, add two quarts of stock, season with salt, pepper and a little nutmeg, turn down gas a little, and allow it to simmer until the carrots are done. Rub the whole through a fine sieve or tammy. Put it over the gas again, add more stock, a little sugar, a pat of fresh butter, also an ounce of fécule or corn-flour, mixed first with a little milk or water, stir well, allow it to simmer for fifteen minutes, add a quarter of a pound of rice boiled in beef broth, skim well, and serve with bread sippets, either separate or in the soup tureen.

LENTIL SOUP.

INGREDIENTS.

$\frac{1}{4}$ lb. red lentils.	1 oz. butter or dripping.
Half an onion.	Pepper and salt.
1 stick of celery.	1 quart stock or water.
1 carrot.	1 small turnip.

METHOD.—Soak the lentils all night in cold water; melt the butter or dripping in a saucepan; wash the lentils and put them in the saucepan with the sliced onion and vegetables cut into pieces; stir them over the gas for five minutes, taking care that they do not get brown; then add the water and a little salt. Let this come to the boil, then skim, turn down gas jets, and let it simmer gently until the lentils are done. Pass the soup through a wire sieve or colander. Reheat, season to taste with pepper and more salt if needed.

POTATO SOUP

INGREDIENTS.

<i>1 lb. potatoes.</i>	<i>1 onion.</i>
<i>2 oz. dripping or butter.</i>	<i>1½ pint water.</i>
<i>½ pint milk.</i>	<i>Salt and pepper.</i>
<i>1 tablespoonful semolina.</i>	

METHOD.—Wash and peel the potatoes, cut them into slices, peel and slice the onion, melt the dripping in a saucepan, add the vegetables, and cook them in the fat for five minutes, taking care that they do not brown; then add the water and enough salt and pepper to taste. When this comes to the boil skim it, and let it boil until the vegetables are tender. Pass the soup through a wire sieve, return it to the saucepan, add the milk, and when it comes to the boil sprinkle in the semolina; boil for ten minutes longer; the soup is then ready for table.

GREEN PEA SOUP.

INGREDIENTS.

<i>3 pints freshly shelled peas</i>	<i>1 small bunch of parsley.</i>
<i>(large marrowfats are best).</i>	<i>2 spring onions.</i>
<i>A few sprigs of green mint.</i>	<i>1 oz. butter.</i>
<i>1½ pint white stock.</i>	<i>1 whole egg.</i>
<i>1 tablespoonful cream.</i>	<i>3 yolks of eggs.</i>
<i>1 gill milk.</i>	<i>Pepper and salt.</i>

METHOD.—Put the peas in a stewpan, add about a quart of water, a teaspoonful of salt, the parsley, spring onions, and mint; boil till tender and rub through a fine sieve. Return to a stewpan, put in the stock and butter, and simmer for fifteen

minutes longer, then season to taste and add the cream. Mix the milk with the eggs, beat up, season to taste, and strain into a well-buttered charlotte mould. Poach in the usual manner, viz., place the mould in a sauté-pan half full of boiling water, and cook in the oven till set. Unmould, and cut the custard into even-sized cubes. Just before using add a pinch of sugar and a pat of fresh butter to the soup, put in the custard cubes, and serve.

MILK SOUP (WITH STOCK).

INGREDIENTS.

<i>1 pint stock.</i>	<i>Half a small onion.</i>
<i>1 pint milk.</i>	<i>1 oz. flour.</i>
<i>Fried croûtons of bread.</i>	<i>1 oz. butter.</i>
<i>$\frac{1}{4}$ gill cream.</i>	<i>1 yolk of egg.</i>

METHOD.—Blend 1 oz. of butter with 1 oz. of flour, and cook for a few minutes without allowing the roux to take colour. Peel the onion and mince it, boil in the milk, add the stock, which should be well flavoured, and the milk and onion, turn up the gas, bring the soup to the boil, and skim it if necessary. The addition of half a gill of cream mixed with the yolk of an egg should be made at the last moment, just before serving, when the soup is taken from the gas stove. It should not reboil after the cream and yolk are added. Season with pepper and salt, and serve hot. Fried croûtons may be served as a garnish. Strips of carrot and leek, previously cooked in stock, also form a suitable garnish by way of variety.

SPRING SOUP.

INGREDIENTS.

<i>3 pints stock.</i>	<i>1 carrot.</i>
<i>1 small onion.</i>	<i>1 turnip.</i>
<i>1 very small bunch of fresh</i> <i>herbs.</i>	<i>1 piece of celery.</i>
<i>1 white of egg.</i>	<i>$\frac{1}{2}$ lb. gravy beef.</i>
	<i>Seasoning.</i>

METHOD.—Clean and wash the vegetables, peel them, scoop out some small rounds of carrot and turnip, cut half the onion and one celery stalk into dice, and cook each of these separately in salted water. Cut up into small pieces the remainder of vegetables, and put these, with the herbs, into a stewpan; add the white of egg (previously beaten) and the meat (previously minced and freed from skin and fat), pour in the stock, stir till it boils, turn down gas jets, and let simmer very gently for ten minutes. Strain carefully, and put the strained (clarified) soup in a clean stewpan; add the vegetables, previously cooked, season with salt, pepper and a pinch of castor sugar; boil up and serve. Needless to say that early spring vegetables should be used. A few tarragon and chervil leaves cut into very fine strips may be put in the soup if liked. Great care must be taken in straining the soup, for it should be perfectly clear; if found otherwise it should be strained a second or a third time. Use a coarse kitchen cloth for this purpose. It is best to pour a little boiled water through the cloth before straining the soup. If made properly the soup should be of a nice bright amber colour. A few drops of caramel may be used if found absolutely necessary, though it is best to do without any artificial colouring.

JULIENNE SOUP.

Prepare a clear soup (consommé) as directed in the foregoing recipe. Cut into very fine shreds (Julienne shapes) carrot, turnip, onion, leek and lettuce, in equal proportion. Put the shredded vegetables in a stew-pan, with just as much fresh butter as the vegetables will absorb during a temporary process of blending, which is called *sautéing* or *tossing*. When this is done add a pinch of sugar, a little salt and pepper to taste, pour the clear soup on the vegetables, boil up, skim, turn down gas, and let simmer until the vegetables are quite tender. If found too consistent dilute with some water and a small quantity of meat extract.

GAME SOUP.

INGREDIENTS.

1 <i>partridge or any other</i>	2 oz. <i>dripping.</i>
<i>small bird.</i>	4 oz. <i>butter.</i>
4 oz. <i>oatmeal.</i>	2 oz. <i>panada.</i>
4 to 6 <i>fresh mushrooms.</i>	3 <i>eggs.</i>
2 <i>quarts white stock.</i>	$\frac{1}{2}$ <i>gill cream.</i>
<i>Seasoning.</i>	

METHOD.—Remove the fillets from the partridge; cut up the remainder, and roast it with a little dripping for about twenty minutes. Make a roux, i.e., blend the oatmeal and butter to a nice colour, then add the roasted carcass, etc., fry for a few minutes longer, and moisten with sufficient stock to produce the consistency of a *purée*. Allow to cook gently for one and a half hours, then season and pass through a fine sieve. Meanwhile pound the fillets of partridge, add the panada and a little white of egg, season to taste, and rub through a sieve. Make some little quenelles about the size of small marbles with

this, and poach them. Prepare a royale, which consists of fresh mushrooms, cooked in stock and passed through a sieve; mix this with the eggs, and put in a buttered mould, poach, turn out, and cut into small rounds. Put these and the quenelles into the prepared purée, add the cream, let the soup get thoroughly hot, but do not allow it to boil; then serve.

BARLEY SOUP WITH CREAM.

INGREDIENTS.

$\frac{1}{2}$ pint pearl barley stock.	3 pints white broth.
1 oz. butter.	Grated nutmeg.
1 gill cream.	A pinch of sugar.
Fried bread croûtons.	Pepper and salt.

METHOD.—Wash the barley in several waters, put it in a stewpan with the broth or stock, stir over the gas until it boils, then turn down gas a little, and let simmer slowly for three hours. Season to taste with salt, pepper, and a little grated nutmeg. Rub through a hair sieve, or fine wire sieve, return to the stewpan, boil up the cream and add it to the soup, together with a pinch of sugar and the butter; stir again until it is thoroughly hot, but do not let it boil. Place the croûtons (previously prepared and fried in butter) in a soup tureen, pour in the soup and serve.

LOBSTER BISQUE.

INGREDIENTS.

1 lobster.	$\frac{1}{2}$ carrot.
4 oz. butter.	$\frac{1}{2}$ turnip.
1 gill white wine.	2 oz. flour.
1 bouquet garni.	2 quarts fish stock.
Seasoning ($\frac{1}{2}$ teaspoonful lemon juice, cayenne, peppercorns and salt).	$\frac{1}{2}$ gill cream.

METHOD.—Split the lobster down the back, take out the meat, break the claws, pound the shell in a mortar until quite fine, then add the butter and mix thoroughly with the pounded lobster shell. Put all in a stewpan, and stir over the gas until hot; add the flour, and let cook for ten minutes; moisten with the wine and stock, add the vegetables, herbs and peppercorns, stir until it boils, turn down gas jets, and simmer slowly for twenty minutes. If found too thick, add a little more stock. Pass through a tammy cloth. Cut the meat of the claws of lobster into neat dice, put them in a soup tureen, together with half a gill of cream. Heat up the bisque, season to taste with salt, a few drops of lemon juice, and a pinch of cayenne; stir into the tureen and serve. The remainder of lobster meat will come in for cutlets, croquettes or bouchées.



FISH.

BOILED COD FISH.

INGREDIENTS.

<i>About 4 lb. very fresh cod-</i>	<i>1 onion.</i>
<i>fish (middle cut).</i>	<i>2 cloves.</i>
<i>$\frac{1}{2}$ wineglassful French wine</i>	<i>Peppercorns.</i>
<i>vinegar.</i>	<i>1 small handful of salt.</i>

METHOD.—Procure about 4 lb. of very fresh codfish, wipe it with a cloth, place in a fish kettle, cover completely with cold water, season with a small handful of salt, add a medium-sized sliced onion, the cloves, a few peppercorns, and vinegar. Let it come to the boil quickly, turn down gas jets, and allow it to simmer very gently for about five minutes, when the fish will be sufficiently cooked. Drain it well, dish up on a folded napkin, serve on a hot dish with oyster sauce.

JOHN DORY À LA GÉNOISE.

INGREDIENTS.

<i>1 dory.</i>	<i>1 gill picked shrimps.</i>
<i>2 smelts.</i>	<i>1 teaspoonful anchovy</i>
<i>About 2 oz. panada.</i>	<i>essence.</i>
<i>1 oz. butter.</i>	<i>1 egg.</i>
<i>1 tablespoonful chablis or</i>	<i>Pepper and salt.</i>
<i>sauterne.</i>	<i>Génoise sauce.</i>

METHOD.—Wash the fish, wipe it and remove the fillets (the bones, etc., may be used for the génoise

sauce). Pare the fillets neatly and cut them into oblong pieces. Remove the bones and heads from the smelts, and pound them together with the shrimps in a mortar till quite smooth; then add the panada and anchovy essence, and moisten with the egg. Mix thoroughly, season to taste, and rub the whole through a sieve. Spread each piece of fillet with this farce, fold over, and place them on a well-buttered sauté-pan, season lightly, moisten with the wine and a few drops of lemon juice, cover with a buttered paper, and cook in the gas oven for about fifteen minutes or longer, according to the thickness of the fillets. Take up carefully, dish up on a hot dish. Pour some previously prepared génoise sauce into the pan in which the fish was cooked, boil up and strain over the fillets. Serve hot.

FRIED COD.

Procure about 2 lb. of fresh cod (middle cut), cut it into slices about half an inch thick, wipe the slices, dip them in flour, brush over with beaten egg, and crumb with fresh (soft) breadcrumbs. Fry in deep fat (smoking hot) a golden colour, drain, and dish up. Garnish with parsley, and serve with a boat of anchovy sauce.

FRIED SCALLOPS.

INGREDIENTS.

18 <i>scallops.</i>	1 <i>egg.</i>
$\frac{1}{2}$ <i>oz. butter.</i>	2 <i>oz. flour.</i>
1 <i>gill milk.</i>	<i>Frying fat.</i>
<i>Salt, pepper and cayenne.</i>	<i>Parsley.</i>

METHOD.—Drain the scallops on a cloth. Sift the flour into a basin and add a pinch of salt. Melt the

butter, break up the egg, and stir both in; then add the milk, and work until quite smooth. If the batter be too thick, add a little more melted butter or milk. Let it stand for an hour, then stir in a dessert-spoonful of chopped parsley. Season the scallops with a little salt, a good pinch of white pepper, and a small pinch of cayenne. Dip them into the batter, drop in hot fat one by one, fry a golden brown, drain on a cloth, pile up on a hot dish, garnish with fried parsley, and serve with lobster or tomato sauce.

BAKED SALMON À L'ITALIENNE.

INGREDIENTS.

<i>About 2 lb. salmon (middle).</i>	<i>2 small shallots, peeled</i>
<i>1 teaspoonful chopped</i>	<i>and chopped.</i>
<i>parsley.</i>	<i>Salt, pepper and grated</i>
<i>1 small glass claret.</i>	<i>nutmeg.</i>
	<i>Génoise or tomato sauce.</i>

METHOD.—Cut the fish into two or three even sized slices, place them on a well-buttered baking-tin or sauté-pan, season with salt, pepper, and a little grated nutmeg, sprinkle over the chopped shallots and parsley, and place the remainder of butter on top of the fish, moisten with the wine, and bake in gas oven for about fifteen minutes; baste frequently. When done dish up, and pour some génoise or tomato sauce over the slices of salmon. The essence left in the pan in which the fish was baked must be utilised for flavouring the sauce.

SOLE AU GRATIN.

In France there is but one way of doing sole au gratin, i.e., *the right way*, but in England there are

several ways. To my mind there is no better method than the French, and a sole cooked "*au gratin*," after the French formula, is an exceedingly tasty dish, and once introduced no one could possibly wish to try another gratin style than the one practised by French cooks. Here is the recipe :

Take a large sole, skin both sides, i.e., remove the white and the black skin, cut off the head and fins. Make several incisions with a knife, season one side of the fish, place it cut side upwards on a well-buttered silver-plated "*gratin dish*." Season with pepper and salt, add half a small glass of white wine, a little mushroom liquor, and some chopped parsley. Place a row of sliced preserved mushrooms down the centre of the fish, and cover with a rich Italian sauce. Sprinkle with brown breadcrumbs, put a few tiny bits of butter here and there on top of the fish, and bake in a moderate gas oven from twenty to thirty minutes, according to the size of the sole. Place the dish as it leaves the oven on another (larger) dish, and send to table.

FILLETS OF SOLES À LA CARDINAL.

INGREDIENTS.

2 medium-sized soles.	12 prawns.
4 oz. butter.	1 onion.
Parsley, thyme and bay leaf.	1 oz. flour.
$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ lemon.
Salt and pepper.	$\frac{1}{2}$ pint white wine.
6 peppercorns.	Whiting forcemeat.

METHOD.—Skin the soles and fillet them, beat the fillets lightly, fold and trim, place them in a buttered sauté-pan, season with pepper and salt, moisten with

a little wine and a few drops of lemon juice, cover with a buttered paper. Pick the prawns, and keep them for garnish. Pound the shells of the prawns in a mortar, with double the quantity of butter, and rub through a sieve. Put the bones of the soles in a stewpan with half a pint of water, the onion, the remainder of wine, peppercorns, a sprig of thyme, a few sprigs of parsley, and a bayleaf tied up in a bunch. Cook slowly on gas stove for half an hour. Melt 2 oz. of butter in a stewpan, add the flour, and cook a little without browning; strain in the fish stock, let it come to a boil, turn down gas jets, and cook slowly for ten minutes, skim, and add a little white stock if found too thick. Pass the same through a tammy, return to the stewpan, add the cream and half the prawn butter. Mix the remainder of the prawn butter with the fish, fill in a buttered border mould, and steam for twenty-five minutes. Cook the fillets in a hot gas oven for ten minutes. Turn out the border on a hot round dish, dress the fillets in circle on the same, place a prawn in between each fillet. Strain the fish liquid into the sauce whilst stirring, pour over the border, and serve.

FILLETS OF SOLE À LA MORNAY.

INGREDIENTS.

<i>2 medium-sized soles filleted.</i>	<i>1 gill white wine.</i>
<i>$\frac{1}{2}$ pint milk.</i>	<i>$1\frac{1}{2}$ oz. grated gruyère</i>
<i>1 oz. grated parmesan cheese.</i>	<i>cheese.</i>
<i>$\frac{3}{4}$ oz. flour.</i>	<i>3 oz. fresh butter.</i>
<i>$\frac{1}{2}$ lemon.</i>	<i>1 small onion.</i>
<i>Salt, pepper, and aromatic</i>	<i>Bouquet garni.</i>
<i>seasoning.</i>	

METHOD.—Trim the fillets a little, and arrange them closely and neatly on a buttered oval dish.

Season with salt and pepper, moisten with a few drops of lemon juice and white wine, cover with finely shredded onion, cover with buttered paper, and cook in the oven about eight minutes. Put the milk into a small saucepan with the bouquet garni, the bones and trimmings from the soles, a good pinch of aromatic seasoning, and the essence from the fillets; let the whole reduce to about half the original quantity. Strain the stock, return it to the saucepan, mix half the butter and the flour together, add it to the stock, and whisk over the gas for about ten minutes. Mix the remainder of the butter and the grated cheese with a little of the sauce, and spread it on the bottom of an oval flat silver dish, arrange the fillets in a row, and strain remainder of sauce over.

FILLETS OF SOLE À LA BLANCHAILLE.

INGREDIENTS.

1 <i>large</i> or 2 <i>medium-sized</i>	<i>Flour.</i>
<i>soles.</i>	<i>Parsley.</i>
<i>Frying fat.</i>	<i>Cayenne.</i>
<i>Salt.</i>	

METHOD.—Skin and fillet the fish; shred the fillets as finely as possible or cut them into fine strips the size of whitebait. Put them on a cloth, and sprinkle over with flour, shake well, and put them in a frying basket. Heat up the fat, plunge the basket with about half the quantity of fish into the hot fat, and fry over a quick gas fire a pale golden colour. Take up, drain well, season with salt and cayenne, and proceed to fry the remainder of fish in exactly the same manner. Dish up on a lace paper or folded napkin, garnish with fried parsley, and serve hot.

FILLETS OF SOLES À LA MAYONNAISE.

INGREDIENTS.

1 large or 2 small soles. $\frac{1}{2}$ pint mayonnaise.
 A few French gherkins. $\frac{1}{2}$ pint aspic.
 Frying or clarified fat.

METHOD.—Trim and wash the fish, brush over with milk, and dip in flour. Have ready some hot fat or clarified butter, and fry a golden colour. When cold place the soles on a gridiron for a few seconds, take off the crust and remove the fillets; cut them into neat pieces about an inch long. Line a border mould with aspic jelly, decorate the bottom with neatly cut slices of gherkins; mix the mayonnaise sauce with sufficient aspic jelly to make it set, put a layer of this sauce in mould, range in neatly the pieces of fillets, coating each piece with the liquid mayonnaise before setting. Fill up the mould with the batter, so as to well cover the fish; set on the ice to cool; when set immerse in tepid water, turn out on a dish, and garnish the centre with dressed salad.

OYSTER FRITTERS.

INGREDIENTS.

12 plump oysters.	6 thin slices of streaky
2 oz. flour.	bacon.
1 egg.	A pinch of salt.
Frying fat.	$\frac{1}{2}$ oz. butter.
$\frac{1}{2}$ lemon.	Parsley.

METHOD.—Beard the oysters, and sprinkle over with the lemon juice. Flatten the bacon with a cutlet bat, and cut each slice in two crossways. Roll

up each oyster with half a slice of bacon and trim the edges. Prepare a batter in the following manner : Sift the flour into a basin, add a pinch of salt, stir in the yolk of egg, and moisten with sufficient tepid water (about a tablespoonful) and the butter (oiled) to form a smooth paste, beat up well with a wooden spoon, and allow it to stand for a time. Whisk the white of egg to a stiff froth, and add it to the batter ; dip each oyster and bacon into the batter, cover completely with batter, and drop one by one into boiling fat or clarified butter. Fry a golden colour, drain, and dish up. Fry some washed and picked parsley, and garnish the dish with this.

FRIED FILLET OF WHITING.

INGREDIENTS.

<i>3 medium-sized skinned whittings.</i>	<i>Joinville sauce.</i>
<i>1 dessertspoonful chopped parsley.</i>	<i>2 tablespoonfuls sweet oil.</i>
<i>Pepper and salt.</i>	<i>1 tablespoonful vinegar (French).</i>
<i>Frying batter.</i>	<i>Parsley for garnish.</i>
	<i>Fat for frying.</i>

METHOD.—Remove the fillets, flatten them slightly, fold them in twos, and put in a deep dish ; season with pepper and salt, sprinkle over the oil, vinegar, and chopped parsley ; let them lie in soak for one or two hours. Take out, drain, dip in frying batter (previously prepared), fry in hot clarified butter or fat a golden colour, drain on a cloth or paper, dish upon a folded napkin, garnish with fried parsley, and serve with joinville sauce.

OYSTER PUDDING.

INGREDIENTS.

*2 small whittings.**1½ oz. flour.**About ½ pint milk.**½ teaspoonful anchovy
essence.**Seasoning.**6 large sauce oysters**2 oz. butter.**½ gill cream.**3 eggs.*

METHOD.—Skin the whittings, remove all the meat from the bones and pound in a mortar; melt the butter in a stewpan, add the flour, and cook over gas burner without browning; moisten with the milk and oyster liquor, stir briskly until quite smooth and add the cream; cook a little longer, but stir all the while. Remove the beards from the oysters, cut the latter into dice, and put them into the mixture; season to taste with salt, pepper and nutmeg, work in the yolks of eggs, the anchovy essence, and the pounded fish; whisk the whites of eggs to a stiff froth and mingle carefully with the mixture. Three parts fill a well-buttered soufflé tin or charlotte mould, steam for about forty-five minutes, unmould, and serve with a white sauce.

GRILLED RED MULLET, MAÎTRE D'HÔTEL
STYLE.

Procure three or four fresh red mullets, wipe them with a damp cloth, and make three or four incisions across each fish with a sharp knife. Put the fish on a dish, pour over three or four tablespoonfuls of salad oil, season with salt and pepper, and let them stand thus for about one hour.

Meanwhile prepare some maître d'hôtel butter as follows: Mix 1 oz. of fresh butter with one teaspoonful of chopped parsley, a sprig of tarragon and one of

chervil finely chopped, one teaspoonful of lemon juice, a pinch of salt and pepper. Spread on a plate, put on the ice, and shape into pats when quite firm.

See that the gridiron is perfectly clean, grease it, place on it the red mullets, and cook them slowly over a gas burner. Turn frequently. When done take up the fish. Put some maître d'hôtel butter on a dish, place the red mullets upon this, spread a little more maître d'hôtel butter on top of each fish, garnish with fresh parsley, and serve hot.

PAUPIETTES DE TURBOT AU VIN BLANC.

INGREDIENTS.

$2\frac{1}{2}$ to 3 lb. turbot.	$\frac{1}{2}$ lb. whiting forcemeat.
1 shallot.	A sprig of parsley.
6 preserved mushrooms.	3 to 4 oz. butter.
2 small glasses chablis or sauterne wine.	$1\frac{1}{2}$ gill stock.
$\frac{1}{2}$ gill double cream.	$\frac{1}{2}$ pint velouté or allemande sauce.
$\frac{1}{2}$ lemon.	Pepper and salt.

METHOD.—Remove the fillets from the bones of the fish, pare off the white and the black skin, flatten each piece with a wet cutlet bat, and cut into convenient and even-sized fillets about the same size as fillets of soles, flatten each again and pare, season with pepper and salt. Chop the peeled shallot, the parsley, and the mushrooms till very fine, and mix with the forcemeat; spread this on one side of each prepared fillet, and roll up neatly. Butter some strips of white paper, and roll up each fillet in paper. Arrange them closely in an upright position in a deep sauté-pan containing about 3 oz. melted butter, place the lid on the pan, and cook for a few minutes in the oven; then add the wine and the stock, and finish cooking in the gas oven until done. Baste occasionally with the

liquor. As soon as the fillets are done, take up, drain, remove the paper bands, and dish up in a pyramidal form; keep hot. Add the white sauce to the fish liquor, reduce well, strain, and finish with the cream; add a few drops of lemon juice. Sauce over the fish completely with this, and serve hot.

LOBSTER IN ASPIC.

INGREDIENTS.

1 <i>small hen lobster.</i>	1 <i>pint aspic jelly.</i>
2 <i>hard-boiled eggs.</i>	<i>Parsley.</i>
<i>Tarragon and chervil</i>	<i>Chillies and green salad for</i>
<i>leaves.</i>	<i>garnish.</i>

METHOD.—Line a pretty border mould, or several little dariole moulds, with aspic jelly, decorate neatly with white and yolk of egg, sprigs of parsley, tarragon and chervil leaves, and fancifully cut leaves of red chilli; sprinkle over some lobster coral; when this is set put in another thin layer of aspic jelly. Divide the lobster meat into neatly cut dice, and fill up the mould or moulds in alternate layers of lobster, aspic, salad, and slices of hard-boiled egg. Allow each layer to set, and finish with a layer of aspic. Place it on the ice or in a very cool place. When required for table unmould the border or darioles on to a cold silver-plated dish, fill the centre of the dish with a tasty salad, and serve at once.

MAYONNAISE OF LOBSTER.

INGREDIENTS.

1 <i>large lobster (hen lobster).</i>	4 <i>filleted gorgona ancho-</i>
1 <i>hard-boiled egg.</i>	6 <i>stoned olives.</i> [vies.
4 <i>pickled French gherkins.</i>	<i>A small handful of capers.</i>
1 <i>large or 2 small lettuces.</i>	<i>A few slices of pickled</i>
<i>Mayonnaise sauce.</i>	<i>beetroot.</i>

METHOD.—Cut the lobster lengthways, take out all the meat; if there is any coral, chop it fine, and reserve it to ornament the surface, as it will come in for ornamenting the dish; break the claws, take out the meat intact if possible, cut the remainder of the meat into neat pieces. Wash and trim the lettuce, tear the good leaves into convenient pieces. Put the cut lobster meat and salad into a basin, add sufficient mayonnaise sauce to season, mingle gently, and place on a heap in the centre of a round dish, shape it in the form of a dome, mask it with very stiff mayonnaise sauce, surround it with the pieces of claws, alternately with quarters of the hard-boiled egg; garnish systematically with long strips of fillet of anchovy, capers, fancifully cut pieces of beetroot, chopped coral, stoned olives, and slices of gherkins according to taste. Keep on the ice until required, and serve as cool as possible.

COQUILLES OF LOBSTER.

Line some small shell-shaped moulds with light paste crust (see page 110). After pricking the paste with a fork, fill the lined moulds with uncooked rice or dried peas, and bake them in a moderate oven a golden brown. When done take out the rice or peas, and place the pastry shells on a sieve. Make a salpicon of lobster as follows: Cut the meat of one or two lobsters (for this, preserved lobster of a reliable brand will do) into small dice. Put this in a stewpan with some chopped mushrooms and butter, allowing eight mushrooms (champignons) and $\frac{1}{2}$ oz. of butter to every $\frac{1}{2}$ lb. of lobster; stir over the gas till thoroughly hot, then moisten with some rich white sauce; season with pepper, salt, a little grated nut-

meg, and a pinch of cayenne. Keep the mixture hot in a "bain-marie," so that it is ready for use when required. Warm the baked shells in the oven, fill them with the mixture, strew over a little "panurette" or some fried breadcrumbs; the former, however, will make the shells more effective. Dish up on small plates, and garnish with a sprig or two of parsley. A little anchovy essence added to the mixture will improve the flavour considerably.

SALMON DARIOLES.

INGREDIENTS.

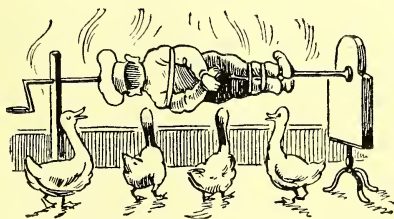
<i>About 1 lb. cooked salmon.</i>	<i>6 large oysters.</i>
<i>1 hard-boiled egg.</i>	<i>1 large truffle.</i>
<i>$\frac{1}{2}$ oz. anchovy paste.</i>	<i>1 teaspoonful tarragon</i>
<i>$\frac{1}{4}$ gill cream.</i>	<i>vinegar.</i>
<i>4 filleted anchovies.</i>	<i>About 1 pint aspic jelly.</i>
<i>A pinch of cayenne, salt,</i>	<i>A few slices of cucumber.</i>
<i>pepper & grated nutmeg.</i>	<i>Chillies.</i>

METHOD.—Flake the salmon, line six or eight small dariole, bouche, or timbale moulds with a thin layer of aspic jelly, decorate with a few thin slices of truffle, some nice flakes of salmon, and a few strips of red chillies. Set the garnish well with a little aspic, and put aside to cool. Pound the remainder of the fish in a mortar, together with six cooked oysters, the hard-boiled egg, and the anchovy paste. Season with a pinch of cayenne pepper, salt, and a little grated nutmeg. Rub through a fine sieve, then add the tarragon vinegar, the cream, and about a gill of aspic jelly; mix well, and fill the moulds with this mixture. Put the anchovy fillets and a few slices of truffle between the farce in filling. Should the mixture not quite fill the moulds, fill up with aspic

jelly. Put it on the ice until required. For serving, immerse the moulds in tepid water, turn out quickly, and place on a round dish, garnish round the side with chopped aspic and a few fancifully cut slices of cucumber.

FISH SALAD.

Skin, bone, and shred some cold fish (almost any kind of white fish, or salmon, will do), put this in a large mixing bowl, and add to it one-fourth its quantity of lettuce, washed and shredded, also one-fourth of white cleaned celery (if in season); cut the celery into shreds or strips. Mix all carefully, adding salt and pepper to taste. Arrange neatly in a salad bowl, and pour over some mayonnaise dressing. Garnish tastefully with hard-boiled egg, cut into slices, and a little small cress or cresses. When celery is not obtainable use shredded endive, or sliced tomatoes.



MEAT COOKERY.

There are several ways in which meat can be cooked ; 1, roasting ; 2, baking ; 3, boiling ; 4, braising ; 5, broiling or grilling ; 6, stewing ; and 7, frying.

Roasting can be successfully effected by means of a gas oven, and for this the "Main Gas Cookers" are most admirably suited.

Waste in cooking has been, and always will be, a crying evil, arising mostly from improper cooking methods ; but those who know the possibility of cooking by gas, and adopt the proper methods described in this manual, will have no difficulty and no further cause of complaint.

It is wonderful how much can be done by means of a gas stove. Even the tiniest "Main" gas stove will work wonders if carefully managed. In most kitchens of the rich and well-to-do cooking by gas has long been adopted and the various modes of cooking successfully performed. There is therefore no reason why gas cooking stoves should not become as popular in the average household kitchen, as well as a blessing in the tenements of the poor.

Cooking food by gas, no matter which of the above methods be chosen, means economy of fuel, comfort, cleanliness ; for by its help cooking can be made a real blessing, and should no longer be a drudgery.

ROASTING.

The same precautions in roasting meat in a gas oven have to be taken as when this is performed in a coal range. Care must be taken to have the oven thoroughly hot, whereby the heat creates a kind of thin crust on the outside of the meat, which will prevent the nourishing juices from escaping.

To roast a joint successfully, proceed as follows: Turn on the tap which supplies the gas, and light the gas jets in the oven; but before applying the light see that all the taps not in use are turned off to prevent any escape of gas. After the gas has been full on and alight in the oven for ten minutes, put in the joint, previously weighed, trimmed, and skewered if necessary. Put a cupful of water into the dripping pan to receive the dripping that will come from the meat (if poultry or very lean meat is to be roasted, half a cupful of dripping should be used for the dripping pan in place of water). After about fifteen minutes the joint will have acquired a nice light brown colour. At this stage the gas jets should be lowered a little so as to reduce the heat for the remainder of the time needed to roast the joint. Allow a quarter of an hour to each pound of meat and a quarter of an hour over. Every joint or bird that is roasted should be well basted at least once every fifteen or twenty minutes whilst the cooking goes on. The oven shelves and sides should be thoroughly washed and well dried once or twice a week. *This is most essential.*

GENERAL PRECAUTIONS.—Keep the oven door closed whilst in use. Do not allow the meat when sufficiently cooked to remain in the oven longer than necessary, for by so doing the juices so valuable in meat will become dried up and the meat becomes insipid. When the joint is done take it up, place it on a dish, and keep hot. Turn out the gas in the oven, take out the dripping pan, pour off the fat, and add a little salt and pepper, also the needful quantity of stock. Let this boil up over a gas ring, add a few drops of caramel to give it a nice brown colour if necessary, and strain round the joint on the dish. Joints or birds roasted in a gas oven can be placed on the gridiron shelf, or if preferred may be suspended on a hook attached to the crossbar.

Excepting in the case of very thick joints of solid meat the above given time will suffice; but five minutes longer to the pound, and twenty minutes over, should be allowed when joints are of the above character. Meat of young animals, or meat that has been well hung, requires less time for cooking than meat of old animals or if freshly killed. White meat, such as veal and pork, must always be *well* cooked, whilst brown meat takes less time, and should, if anything, be rather *under* than *over* done.

When a gas stove is in use, whether for roasting or baking, etc., see that the flues are left open.

FRICANDEAU OF VEAL.

INGREDIENTS.

3-4 lb. cushion of veal (some- times called kernel).	Larding bacon.
2 oz. butter.	1 onion.
A few celery leaves.	1 carrot.
A small bunch of herbs.	1 turnip.
1 pint stock.	1 bayleaf.
Tomato sauce.	1 oz. meat glaze.
Purée of spinach or potatoes.	Seasoning.

METHOD.—Pare and trim the veal, remove skin, and lard the surface closely with thin strips of larding bacon. Clean the vegetables, peel the onion; cut all up into slices, and put them in a sauté or braising pan with the butter and trimmings of bacon; add the herbs and bayleaf; lay the meat upon this. Let brown slightly over a quick gas burner, season with pepper and salt, and moisten with enough stock to half cover the veal. Put a piece of well-buttered paper on top, and cook slowly for about 1½ hour. Baste the meat frequently. Take up the veal and keep hot. Reduce the liquor in the pan to about half; then strain, take off the fat, add the meat glaze, and reduce again to the consistency of demi-glaze.

Place the meat in this and baste well, so as to glaze it nicely. Place the fricandeau on a bed of spinach or mashed potatoes, put the tomato sauce with the liquor in the pan, boil up, and pour some of it round the base of the dish; serve the remainder in a sauce-boat.

VEAL CUTLETS.

INGREDIENTS.

6 cutlets cut from a very small neck of veal.	Breadcrumbs. 2 oz. butter.
1 dessertspoonful chopped parsley.	Salt and pepper. $\frac{1}{2}$ lemon.
6 small slices of raw ham.	1 egg.

METHOD.—Trim the cutlets, flatten each with a wetted cutlet bat, pare the sides neatly, and scrape the bones clean. Season each side with salt and pepper. Melt a little butter (about $\frac{1}{2}$ oz.), add to this half the chopped parsley, and brush over the cutlets with this; sprinkle a little lemon juice over each. Beat up the egg, dip each cutlet in egg and cover with white breadcrumbs. See that they are well crumbed, and use white (soft) breadcrumbs for this. The breadcrumbs should be mixed with the remainder of the parsley and about a teaspoonful of finely chopped lemon rind. Melt the remainder of the butter in a sauté-pan; when hot put in the cutlets, and fry over a quick gas burner till each side has acquired a nice golden brown; then put the pan in a slow oven for about fifteen minutes (they must be well cooked and on no account underdone). Arrange a purée of peas in the centre of a dish, in pyramid form; dress the cutlets round this with alternate slices of fried slices of ham; pour a little demi-glace sauce or rich gravy

round the base of the dish, and serve. The ham may be fried in the same pan as the cutlets.

VEAL GRENADINS.

INGREDIENTS.

<i>Cushion of veal.</i>	<i>Larding bacon.</i>
<i>1 glass white wine.</i>	<i>White stock.</i>
<i>Veal forcemeat.</i>	<i>Carrots.</i>
<i>French beans.</i>	<i>Turnips.</i>
<i>Cucumber.</i>	<i>Cauliflower.</i>
<i>Asparagus.</i>	<i>Pepper and salt.</i>

METHOD.—Trim a piece of cushion of veal, cut it into twelve pieces, flatten them, trim them and make into the shape of hearts as nearly as possible; lard them rather closely with strips of fat bacon; next prepare a layer of sliced vegetables and bacon in a buttered sautoir; range the meat on this. Season with salt and pepper, moisten with a glass of white wine and some white stock, cover with a buttered paper, and set to braise in the gas oven for about an hour, during which time care should be taken to baste from time to time. In the meantime have ready some veal forcemeat, and fill up a well-buttered flat border mould, steam in a stewpan, turn out on a dish, and keep warm. When the grenadins are done range them in a circular form on the border of forcement, fill the centre with a preparation of jardinière of vegetables, consisting of young carrots, turnips, and cucumber (scooped out), together with green peas, diamond shapes of French beans, sprigs of cauliflower, and asparagus points, all cooked separately, mixed, and finished in a little butter. Sauce over the grenadins with their own stock well reduced.

CHAUDFROID OF QUENELLES.

INGREDIENTS.

1 lb. <i>fillet veal.</i>	<i>White sauce.</i>
1 oz. <i>butter.</i>	<i>Aspic jelly.</i>
2 oz. <i>flour.</i>	<i>French leaf gelatine.</i>
$\frac{1}{4}$ pint <i>stock.</i>	2 <i>eggs.</i>
<i>Senn's aromatic seasoning.</i>	<i>Pepper and salt.</i>

METHOD.—Blend the butter and flour in a stewpan, add the stock, cook until the mixture leaves the sides of the stewpan and adheres together in a smooth panada. Put aside to cool. Mince the meat, and pound it with the eggs, a pinch of aromatic seasoning, pepper and salt, and the cooked panada. Rub the mixture through a wire sieve. Shape the quenelles in a dessertspoon, poach them until firm, and lay them on a sieve to get cold.

Take some white sauce (*suprême* or *béchamel*), add four sheets of French leaf gelatine and a tablespoonful of aspic jelly to the gill of sauce, and when beginning to set coat the quenelles with the sauce. The quenelles may be decorated tastefully with sprigs of chervil, fancifully cut chillies or truffles. Serve on a border of aspic, with salad in the centre. Sufficient for twelve quenelles.

BEEF QUENELLES EN CHAUDFROID.

INGREDIENTS.

1 lb. <i>beef steak.</i>	1 oz. <i>butter.</i>
2 oz. <i>flour.</i>	$\frac{1}{4}$ pint <i>stock.</i>
2 <i>eggs.</i>	2 <i>anchovies filleted in oil.</i>
2 <i>olives.</i>	<i>Seasoning.</i>
1 gill <i>espagnole sauce.</i>	1 gill <i>tomato sauce.</i>
1 gill <i>aspic jelly.</i>	$\frac{1}{2}$ oz. <i>French leaf gelatine.</i>

METHOD.—Make the quenelles according to recipe

for Chaudfroid Quenelles, pounding the fillets of anchovy and the stoned olives with the meat. Shape and poach the quenelles, and allow them to get cold. Coat six quenelles with brown sauce in which four or five sheets of gelatine have been dissolved, and six with tomato sauce, also thickened in the same way. Decorate the quenelles with white of egg cut tastefully, and varnish them over with melted aspic. Serve with salad, and garnish with chopped aspic, dressing the quenelles so that the colours may contrast prettily. Sufficient for twelve quenelles.

SWEETBREAD, FINANCIÈRE STYLE.

Well wash the sweetbread, blanch for ten minutes, and press slightly until cold; then cut away the sinewy fat and lard the sweetbreads, place them in a stewpan with vegetables and stock, and cover with greased paper; braise carefully from twenty to thirty minutes. Take them up and put in the gas oven to brown the fat. Strain the stock, and reduce to a good glaze. Dish the sweetbread on a block of fried bread, and pour the glaze over it; garnish with a mixture of cooked ham or tongue, truffles and mushrooms cut in large dice, and warmed in a little of the glaze.

VEAL AND HAM PIE.

INGREDIENTS.

$1\frac{1}{2}$ - $1\frac{3}{4}$ lb. lean veal (fillet or cushion part is best for this purpose).	About $\frac{1}{2}$ lb. raw or cooked
Chopped parsley.	2 hard-boiled eggs. [ham.
Salt and pepper.	2 rashers of streaky bacon.
Stock or water.	$\frac{1}{2}$ teaspoonful grated lemon
1 fresh egg.	rind.
	A grate of nutmeg.
	About 1 lb. puff paste.

METHOD.—Free the veal from skin and sinews, cut it into thin slices, cut the ham in a similar fashion. Range the veal, ham and bacon in layers in a pie dish, cover each layer with a few slices of hard-boiled egg, sprinkle each layer with a little seasoning (salt, pepper, lemon rind, and chopped parsley); one teaspoonful of salt and $\frac{1}{4}$ teaspoonful of pepper in all should be used; add a pinch of nutmeg at the last; put in about $\frac{1}{2}$ gill of stock or water. Line the edge of the pie dish with a strip of paste, brush it over with beaten egg, roll out some more paste about the size of the pie dish, and cover it carefully with the paste; trim off the edges, make a hole in the centre of the paste, brush over the whole with egg, cut out a few fanciful shapes of leaves from the remainder of the paste, and fix these in the form of a rosette on the top of the pie round the hole, and after having egged these leaves, bake in a moderate gas oven for about $1\frac{1}{2}$ to $1\frac{3}{4}$ hour. Serve hot. If this pie is to be served cold, dissolve $\frac{1}{4}$ oz. gelatine, and mix with a teaspoonful of extract of meat (Liebig Company's), and pour this into the pie as it leaves the oven.

VEAL SOUFFLÉ.

INGREDIENTS.

1 lb. lean veal.	1 gill double cream.
3 eggs.	Salt, pepper, and grated
2 oz. butter.	nutmeg.
1 small truffle.	Suprême sauce.
1 gill béchamel sauce.	

METHOD.—Free the meat from all skin and gristle, cut it up very small, and pound in a mortar until

quite smooth; add gradually the butter, the yolks of four eggs and one white of egg, also the sauce (cold). Season to taste with pepper, salt, and a little grated nutmeg. Whisk the remaining two whites of eggs to a stiff froth, beat up the cream a little, and mix both carefully into the forcemeat. Decorate the bottom of a well-buttered timbale or plain charlotte mould with truffle slices, or sprinkle with finely chopped truffle; three parts fill it with the preparation; steam gently for about an hour. Unmould, and serve with suprême or other good white sauce.

CHICKEN SOUFFLÉ.

Proceed in exactly the same manner as indicated in the foregoing recipe, using the same quantity of chicken instead of veal, or if desired the weight can be made up with a small quantity of veal. The carcass and trimmings of the chicken should be used for stock to make the white sauce.

BEEF AND VERMICELLI.

INGREDIENTS.

2 lb. cold beef.	$\frac{1}{4}$ lb. vermicelli.
$\frac{1}{2}$ pint tomato sauce.	Seasoning.
<i>Sippets of toast.</i>	

METHOD.—Mince the beef. Cook the vermicelli in boiling water until tender. Make the tomato sauce hot; add the minced beef and vermicelli. Season carefully. When thoroughly hot turn on to a hot dish, and serve with daintily cut sippets of toast or fried bread. Enough for eight persons.

BEEF GALANTINE.

INGREDIENTS.

<i>1 lb. beef.</i>	<i>$\frac{1}{2}$ lb. bacon.</i>
<i>1 gill stock.</i>	<i>6 oz. breadcrumbs.</i>
<i>Pepper and salt.</i>	<i>2 whole eggs.</i>

METHOD.—Cut the beef and bacon very small, put it into a basin with the breadcrumbs and seasoning. Beat the eggs and stock together, and add with the other ingredients. Mix well. Shape this into a neat short roll, tie in a buttered pudding cloth, boil over gas jets for about two and a half hours. Place between two dishes to press until cold, and then completely brush it over with liquefied meat glaze. Let set, and decorate tastefully with creamed butter, or set aspic jelly, or both. Dish up and serve.

FILLETS OF BEEF À LA COLBERT.

INGREDIENTS.

<i>About 2 lb. fillet of beef.</i>	<i>3 shallots.</i>
<i>2 tablespoonfuls sweet oil</i> <i>(Provence).</i>	<i>$\frac{1}{2}$ glass marsala or sherry</i> <i>wine.</i>
<i>1$\frac{1}{2}$ gill espagnole sauce.</i>	<i>Chopped parsley.</i>
<i>Lemon juice.</i>	<i>Salt, pepper, cayenne, or</i> <i>paprika.</i>
<i>Parisian potatoes.</i>	<i>Fried bread croûtes.</i>
<i>3 oz. butter.</i>	

METHOD.—Trim and pare the piece of fillet, cut it crossways into about eight slices, flatten them slightly, and season with pepper and salt. Melt 2 oz. butter in a sauté-pan, add the oil, and when hot range in the small filets; fry over a brisk gas fire for a few minutes. They must be fried quickly on both sides, and must be cooked rare (underdone). Put them on

a plate, pour off most of the fat in the pan, into this put the shallots, previously peeled and chopped finely, fry a little (they must not get brown), then add the wine and the sauce, stir and let boil for a few minutes. Gradually add in little bits about an ounce of butter, season with cayenne or paprika pepper and a little salt if needed, add also about half a teaspoonful of lemon juice and about a teaspoonful of chopped parsley. Return the fillets to the sauce thus prepared, mix well, but avoid boiling again. Dress the fillets in a circle on a hot dish, fill the centre with small round fried potatoes (*pommes Parisienne*), surround the base of the dish with six to eight heart shaped slices of bread fried in clarified butter, and send to table hot.

STUFFED SHOULDER OF MUTTON.

INGREDIENTS.

1 <i>small shoulder of mutton.</i>	1 <i>small onion, finely</i>
1 <i>teaspoonful chopped</i>	<i>chopped.</i>
<i>savoury herbs.</i>	1 <i>dessertspoonful chopped</i>
<i>Salt and pepper.</i>	<i>parsley.</i>
<i>Fat for baking.</i>	4 <i>oz. streaky bacon cut up</i>
<i>Breadcrumbs.</i>	1 <i>egg. [very small.</i>

METHOD.—Trim the joint, removing any superfluous fat, etc., remove the bones, and lay the joint on the table, spread it out and season with salt and pepper, sprinkle some of the herbs, parsley and onion over the meat, place a layer of chopped bacon on the seasoning, and put the remainder of seasoning over the bacon. Roll up the meat, fasten it securely with string or with skewers, then put it on a baking tin or flat braising pan containing about 2 oz. of dripping or butter, cover with greased paper, and

bake in a moderate gas oven for about one and a half hour. Baste frequently. Now remove the paper, brush over the joint with egg and cover with breadcrumbs ; put it again in the oven (quick heat) for another twenty or thirty minutes, according to the size of the joint. Keep it carefully basted during the whole process of cooking. When done remove the string or skewers, place the joint on a hot dish, and serve it with a nicely flavoured thin brown gravy.

MUTTON CUTLETS WITH GREEN PEAS.

Cut a best end of neck of mutton into cutlets ; trim, flatten, and pare them, season with pepper and salt. Mix a plateful of breadcrumbs with an ounce of finely chopped lean ham ; dip the cutlets in beaten egg and cover with breadcrumbs. Melt about 2 oz. of butter in a sauté-pan, and cook the cutlets to a nice golden brown. Take them up, drain them, and dish up in the form of a border on a small bed of mashed potatoes and peas. Fill the centre with cooked green peas, pour a little gravy or sauce round the base of the dish, and serve.

MUTTON CUTLETS À LA BRETONNE.

INGREDIENTS.

<i>5 or 6 cutlets cut from the</i>	<i>Brown sauce.</i>
<i>best end of a neck of</i>	<i>2 small onions.</i>
<i>mutton.</i>	<i>2 oz. butter.</i>
<i>[beans.</i>	<i>Salt and pepper.</i>
<i>½ pint well cooked haricot</i>	

METHOD.—Trim and pare the cutlets neatly, fry them in a sauté-pan with the butter ; turn them frequently to brown both sides ; take up, drain, and keep hot. Mince the onions (peeled), and fry them a

golden colour in the butter left from the cutlets; pour off some of the butter, and put in the haricot beans, cook these together for about ten minutes, stir frequently, season with pepper and salt, moisten with a little brown sauce, and rub through a wire sieve. Reheat, heap up in the centre of a dish, dress the cutlets round the purée, and serve with some rich brown sauce.

FRENCH HASH.

INGREDIENTS.

$\frac{1}{2}$ lb. <i>Patna rice.</i>	<i>Boiling water.</i>
$\frac{2}{2}$ oz. <i>preserved cherries.</i>	<i>4 oz. prunes.</i>
<i>2 lb. cold shoulder or leg of mutton.</i>	<i>Paprika. Pepper and salt.</i>
$\frac{3}{4}$ pint <i>espagnole sauce.</i>	

METHOD.—Boil the rice in a large saucepan with plenty of water. When cooked drain off the water and allow the rice to dry. Cut the meat into neat pieces and put it into the sauce, which must be first made hot. Turn down gas jets, and allow it to simmer very gently. Add the prunes, previously stewed and stoned, also the cherries and rice. Season carefully with paprika pepper and salt. Sufficient for ten people.

CÔTELETTES EN CHAUDFROID.

INGREDIENTS.

<i>3 lb. best end neck of mutton.</i>	<i>1 gill stiff mayonnaise. $\frac{1}{4}$ pint aspic jelly.</i>
<i>4 sheets gelatine.</i>	<i>1 teaspoonful anchovy essence.</i>
<i>4 hard-boiled eggs.</i>	<i>1 oz. butter.</i>
<i>Seasoning.</i>	

METHOD.—Trim the neck of mutton, removing

skin and bone and shortening the ribs. Cook the neck in the stockpot; when cold cut the cutlets and shape them neatly. Have ready the yolks of eggs, rub them through a wire sieve, work in the anchovy essence, seasoning and butter. Spread the right side of the cutlets with the egg farce, and mask them with the mayonnaise sauce, to which the melted gelatine has been added. Serve the cutlets with cress, or any salad preferred. Garnish the dish with chopped aspic jelly, and the halves of the eggs stuffed with remainder of egg-yolk farce. Sufficient for twelve persons.

CURRIED MUTTON OR LAMB.

There are two ways of preparing this dish: one is by using fresh or raw meat, and the other by using cooked meat. This being a supper dish it is more likely than not that cooked meat (the remains of a joint served at a previous meal) would be used. The following is one of the best known methods of making a curry from cooked meat.

INGREDIENTS.

1 lb. <i>cooked meat.</i>	1½ oz. <i>butter.</i>
½ <i>small onion.</i>	1 <i>teaspoonful flour.</i>
1 <i>dessertspoonful chutney.</i>	1 <i>teaspoonful curry</i>
1 <i>teaspoonful finely grated</i>	<i>powder.</i>
<i>cocoanut (use fresh cocoa-</i>	1 <i>teaspoonful lemon juice.</i>
<i>nut in preference to</i>	1½ <i>gill stock.</i>
<i>desiccated).</i>	<i>Salt.</i>
<i>Plain boiled rice for border.</i>	

METHOD.—Cut the meat into neat slices, not too thin; trim off some of the fat if the meat be found very fat. Peel the onion and chop it finely. Melt the butter, and fry the onion to a very light colour.

Mix the flour and curry powder, and stir into the butter, etc.; stir over the gas long enough to cook the flour and to thoroughly blend the curry powder with the butter and onion. Now add the cocoanut. Moisten gradually with the stock, boil up, skim, turn down gas jets, and allow to simmer for five minutes. Lay the slices of meat into the sauce, chop the chutney rather fine and add also. Season to taste with about one saltspoonful of salt and a good pinch of paprika pepper, also the lemon juice. Cover the pan, and shake it over the gas burner until the contents begin to boil, turn down gas jets, and set the whole to simmer very gently from twenty to twenty-five minutes. Wash, boil and drain the rice, dry it carefully in the gas oven with the door open, dress it on a dish in the form of a border, put the meat and sauce in the centre, and send to table very hot.

CORNISH CUTLETS.

INGREDIENTS.

<i>About $\frac{3}{4}$ lb. cold meat.</i>	<i>1 lb. potatoes.</i>
<i>1 teaspoonful ketchup.</i>	<i>1 teaspoonful chopped</i>
<i>2 eggs.</i>	<i> parsley.</i>
<i>Chopped lemon rind.</i>	<i>$\frac{1}{2}$ teaspoonful breadcrumbs.</i>
<i>Salt and pepper.</i>	<i>Fat for frying.</i>

METHOD.—Cut the meat into slices $1\frac{1}{4}$ in. thick, trim them into heart shapes; put the slices on a dish, and sprinkle with salt, pepper, and parsley; pour over the ketchup. Wash, peel and boil the potatoes, dry them and rub through a sieve, beat up one egg and mix with the mash, season with pepper and salt, and add the lemon juice or a little grated nutmeg. Cover each slice of meat well with mashed potatoes, shape and

smooth with a knife. Beat up the other egg, dip each cutlet in the egg and crumb well; when set egg and crumb again. Fry the cutlets in hot fat a golden colour, drain on a cloth, dish up, and garnish with crisp parsley.

RAGOÛT OF MUTTON.

INGREDIENTS.

<i>3 lb. loin of mutton.</i>	<i>4 oz. butter.</i>
<i>2 pints stock.</i>	<i>1 oz. flour.</i>
<i>2 carrots.</i>	<i>8 or 10 small button onions.</i>
<i>1 bouquet garni.</i>	<i>A clove of garlic.</i>
<i>2 turnips.</i>	<i>Salt and pepper.</i>
<i>$\frac{1}{2}$ glass claret.</i>	

METHOD.—Cut the meat into neat pieces, pare off skin and fat, fry the pieces in the butter, and let them take a nice colour; then drain the pieces, and trim and cut the bones. Prepare the vegetables; cut the carrots into olive shapes, and the turnips like pigeon's eggs, peel the onions, and fry each lot in the butter until they have attained a fine colour, take up and drain. Pour away some of the fat (butter), put in the flour, and fry a nut brown colour; then moisten with the stock, add the claret, bouquet (the clove of garlic must first be fried a little), etc., boil up whilst stirring, skim, put in the meat (seasoned), and cook over gas for about half an hour. Now put the fried vegetables with the stew, turn down gas jets, and simmer gently till tender. When done and ready for table, dress the meat in the centre of a dish, surround it with groups of vegetables; reduce the sauce a little, and strain carefully over all.

LAMB CUTLETS FARCI À LA FRANÇAISE.

INGREDIENTS.

6 or 8 mutton or lamb cutlets.	1 pig's caul.
1 oz. butter.	Liver farce.
1 truffle.	1 egg.
Breadcrumbs.	Fat for frying.
Pepper and salt.	Sauce périgueux.

METHOD.—Trim and shape the cutlets, season with pepper and salt, put them in a sauté-pan with 1 oz. of butter previously heated, fry the cutlets lightly over a quick gas fire. The cutlets must not be allowed to fry long, and should be quite underdone when taken up. Drain, put to press between two tins; when cold pare and trim neatly. Have some liver farce, chop the truffle finely and mix with the farce; cover each side of the cutlets with the farce, wrap up each in pig's caul, egg and crumb (twice if necessary), shape neatly, and place in a wire basket. Fry over gas burner a golden colour in hot fat or lard; drain, dish up, and serve with périgueux sauce.

LAMB CUTLETS WITH CUCUMBER SAUCE.

INGREDIENTS.

8 good-sized lamb cutlets.	2 oz. fresh butter.
$\frac{1}{2}$ pint well reduced béchamel	1 egg.
or allemande sauce.	Panurette.
Cracknel biscuits.	Seasoning.
Parsley.	Frying fat.
Cucumber sauce.	

METHOD.—Trim the cutlets, flatten and pare nicely, season both sides with salt and pepper, and put in a sauté-pan with 2 oz. of melted butter, and fry

the cutlets a light brown on both sides. Drain them, and place them between two tin sheets with a weight on top. When cold immerse the cutlets in lukewarm béchamel or allemande sauce, so as to completely coat them. Place them on a wire tray and let cool. Crush finely a few cracknel biscuits, and roll the coated part of the cutlets in this, then dip them in beaten egg and crumb with panurette. Keep the bones of the cutlets perfectly clean. Fry a nice colour in hot fat. Drain, dish up in a circle, fill the centre with fried parsley, put small paper frills on the bones, and send to table with a boat of cucumber sauce.

IRISH STEW.

INGREDIENTS.

<i>3 lb. neck of mutton.</i>	<i>4 lb. potatoes.</i>
<i>1 large onion.</i>	<i>12 button onions.</i>
<i>1½ pint stock.</i>	<i>Salt and pepper.</i>

METHOD.—Cut a neck into convenient pieces, trim off some of the fat. Wash, peel and slice the potatoes. Peel and slice the onions. Peel the button onions and blanch. Put a layer of potatoes at the bottom of a stewpan, put a layer of meat on that, season with pepper and salt, strew over a few slices of onions; proceed thus until the meat is used up. Add the small onions, when blanched, whole among the layers; cover the top with a layer of potatoes, add the stock, light gas jets, lower the gas, and let simmer for about two hours. This stew should not be skimmed, as the fat will be absorbed by the potatoes; any scum which rises to the top before it commences to simmer should of course be removed. When done dish up neatly on a hot dish, sprinkle over a little chopped parsley, and

serve. The stew, if properly cooked, should not look watery. A teaspoonful of mushrooms or walnut ketchup may be added where this seasoning is liked.

ROMAN PIE.

Line a large pie dish, previously buttered, with macaroni. Have ready some cooked cold meat, such as veal, rabbit, chicken, tongue, ham, or cold game, cut it up rather small and place in layers in the pie dish. Pour a little white or brown sauce over each layer, and season to taste with salt, pepper and a little grated nutmeg. When the dish is full sauce over with a good layer of rich béchamel. Sprinkle over some grated parmesan cheese, and cover neatly with boiled macaroni. Pour a little melted butter over the macaroni, and strew over some more grated cheese. Bake in a quick gas oven for about half an hour. See that the surface is nicely browned, and serve at once.

SCOTCH COLLOPS.

INGREDIENTS.

$\frac{1}{2}$ lb. lean beef (<i>steak</i>).	1 oz. butter.
$\frac{1}{2}$ small onion (<i>finely minced</i>).	$\frac{1}{2}$ teaspoonful flour.
Salt and pepper.	1 gill stock.

METHOD.—Mince or shred the meat finely, free from fat or skin. Melt the butter, fry the onion a nice colour, stir in the flour and cook a little longer, then add the minced meat, and lastly the stock. Season lightly with pepper and salt. Simmer gently for about forty minutes. Dish up; surround the dish with toasted bread sippets or bread croûtons, and serve hot.

COLD MEAT KEDGEREE.

INGREDIENTS.

6 oz. cold meat (any kind will do).	Salt, pepper and nutmeg.
2 hard-boiled eggs.	4 oz. rice.
2 slices finely chopped onion.	1 oz. butter.
	Parsley.

METHOD.—Remove the skin, gristle, and superfluous fat from the meat, and chop it not too finely. Boil the rice in the usual manner, so that when tender each grain will separate and is intact. Drain the rice when done. Melt the butter in a stewpan, add the onion and fry a golden colour, then add the meat and fry for a few minutes, stir in the rice, season to taste with salt, pepper, and a grate of nutmeg. Shell the eggs, chop the whites and mix with the above. Heat up the whole thoroughly, and dish up in a pyramidal form. Rub the yolks of eggs through a wire sieve, and sprinkle over the kedgerée. Sprinkle over likewise some finely chopped parsley, and arrange the dish as neatly as possible. Place it in the gas oven for a few minutes, and send to table. Cold poultry or game can be prepared in exactly the same manner.

ROAST CHICKEN.

Select a medium-sized fat and tender chicken, singe and draw it, cut off the neck and part of the legs, wipe the inside with a damp cloth, and truss as usual for roasting. Wash the liver and heart, and put them in a baking-pan replete with a mirepoix, i.e., a small carrot, half a turnip, one small onion, three or four thin slices of bacon, all cut up in slices. Season the chicken with pepper and salt, and place it on top of the mirepoix in the baking-tin, spread

about an ounce of butter on top of the chicken, and cook in a hot gas oven for twenty minutes; baste frequently. After this reduce the oven heat, and cook for another twenty minutes or so more slowly. When the chicken is done, take up, untruss, place it on a dish and keep hot. Pour off the fat from the baking-tin, add a gill and a half of stock, boil this over the gas jets for a few minutes, season and colour to taste, strain, remove the fat if any is on the surface, pour a little round the chicken, and hand the rest round in a sauceboat. Garnish the dish with sprigs of crisp watercress. Bread sauce may be served if liked.

ROAST GROUSE.

Singe, draw and truss a brace of grouse, spread each bird with butter, and wrap up in a thin slice of fat bacon. Place in a roasting-pan, or suspend on the hook attached to the crossbar, and roast in a brisk gas oven for twenty minutes. Baste frequently. If required rather underdone allow fifteen or twenty minutes only. When ready for serving, untruss the birds, dress them on croûtes of fried bread on a hot dish, garnish with watercress and fried breadcrumbs. Serve with a boat of rich gravy.

BREAD CROÛTES.

Cut two slices of bread about an inch thick, pare off the crusts and shape neatly, oblong or oval, hollow out the centre a little so that the cavity will hold the birds nicely. Fry in deep fat (clarified dripping or butter) a golden colour. Drain carefully on paper or on a cloth, and fix them, by means of a little batter or egg-white, on a dish ready for dressing the birds.

POULET SAUTÉ À LA MARENGO.

INGREDIENTS.

1 <i>good-sized chicken.</i>	1 <i>gill best salad oil.</i>
1 <i>gill brown sauce</i> <i>(espagnole).</i>	1 <i>shallot.</i>
1 <i>gill tomato sauce.</i>	1 <i>glass marsala.</i>
8 <i>preserved mushrooms.</i>	1 <i>truffle.</i>
<i>Salt and pepper.</i>	<i>Puff paste and fleurons for</i> <i>garnish.</i>
3 <i>eggs.</i>	

METHOD.—Cut the chicken into eight neatly trimmed joints, and put them in a stewpan or sauté-pan with the oil. Fry quickly to slightly brown the outside of the chicken; now add the shallot finely chopped, pour off the oil into a smaller stewpan, then add the two kinds of sauces, the mushrooms and the truffle, both being cut into slices. Season with pepper and salt, cover the pan, and set it in the gas oven to stew for about forty minutes. Fry the eggs in the oil; they must be shaped just like poached eggs (not flat). Arrange the pieces of chicken neatly on a silver dish, dispose of the mushrooms and truffle, place them tastefully around the chicken. Strain over the sauce, previously freed from fat. Garnish with fleurons, i.e., half moon or crescent shapes of baked puff paste, and serve.

CHICKEN FRITTERS.

Cut the remains of cold roast or boiled chicken into neat pieces, trim them and remove the skin; put them in a pie dish, season with pepper and salt, also chopped parsley, moisten with one or two tablespoonfuls of best salad oil and the juice of half a lemon, cover, and let it stand for about half an hour.

Prepare a frying batter as described below. Have ready some clarified dripping or lard for frying in a deep pan. Drain the pieces of chicken on a cloth or paper, dip each into the frying batter so as to completely cover it, then drop into the frying fat; the latter must be smoking hot, else the dish is likely to be spoilt. Fry a golden colour, take up, drain, and dish up on a lace paper, garnish with fried parsley, and serve hot or cold.

FRYING BATTER FOR CHICKEN FRITTERS.

Sift 4 oz. flour into a basin, add $\frac{1}{2}$ oz. oiled butter, a pinch of salt, one yolk of egg, and one tablespoonful of cream. Mix this well with a wooden spoon, and dilute gradually with about half a gill of lukewarm water; work it well until the paste becomes quite smooth. Allow it to stand for about half an hour or more, and when you require to use some whisk two whites of eggs to a stiff froth and mix gently. The batter is then ready for use.

FRICASSÉE OF CHICKEN.

Truss a young fowl for boiling, and put it on to cook in a large stewpan with one quart of hot water. Light and lower the gas, and let it come to a boil slowly. When it reaches this point remove the scum, and add a couple of stalks of celery, three or four sprigs of parsley, a bayleaf, two slices of onion, and a carrot. Season with salt and pepper. Turn gas jets down a little lower, and simmer for three-quarters of an hour, closely covered. As soon as done (test it with a fork) take it from the stock, untruss, and cut into neat joints. Now make the sauce, by cooking together in a saucepan two tablespoonfuls of butter

and two of flour for a few minutes, but do not allow it to brown; add slowly a pint of the strained stock of the fowl; boil ten minutes. Mix in another dish the yolks of two eggs, three tablespoonfuls of milk, one of melted butter, and a tiny pinch of cayenne pepper, and add this carefully to the hot sauce, stirring all the time. Let the sauce get thoroughly hot, but do not let it boil again; add a teaspoonful of lemon juice, and strain over the pieces of fowl. Dish up the cooked fowl (the skin may be removed if liked) on a bed of cooked rice. Sauce over carefully, and serve very hot. Needless to say that the pieces of fowl must be allowed to get thoroughly hot in the sauce before dishing up. Some sliced preserved mushrooms put with the sauce will make an improvement to the fricassée.

STEWED DUCK WITH TURNIPS.

INGREDIENTS.

<i>A trussed duck.</i>	<i>3 oz. butter.</i>
<i>A bouquet garni.</i>	<i>6 turnips.</i>
<i>$\frac{1}{2}$ pint espagnole sauce.</i>	<i>1 gill stock.</i>
<i>1 glass madeira.</i>	<i>Salt and pepper.</i>
<i>A pinch of sugar.</i>	<i>2 oz. bacon.</i>

METHOD.—See that the duck is properly singed, drawn and trussed, then put it in a large stewpan together with the butter and bacon (cut into pieces). Season with a teaspoonful of salt and half a teaspoonful of pepper. Lower the gas, and fry slowly until it acquires a golden colour. Drain off the fat and keep for frying the turnips. Add the sauce, herbs, stock and wine, turn up gas jets, let it boil, remove scum, cover, lower the gas, and cook very gently from half to three-quarters of an hour, according to size of duck.

Peel the turnips, cut them in quarters, trim neatly, and put in a sauté-pan with the butter. Season with a pinch of salt and sugar, and fry slightly brown, drain, and add them to the duck. Cook for another twenty minutes. Lift out the duck, untruss, and dress in the centre of a hot dish. Surround it with groups of turnips. Strain the sauce, skim, and reduce. Pour some of the sauce over the bird and serve the remainder separately in a boat.

GAME FRIANDINES WITH TRUFFLES.

Prepare about 1 lb. of salpicon of any kind of cooked game, tongue, mushrooms, and truffles. Take 1 lb. of puff paste, roll it out very thin, stamp out some rounds with a fluted pastry cutter; put a small heap of salpicon mince in the centre of half the quantity of each round, wet the edges with a brush, cover each with the other half, press gently, taking care to keep the mince in the centre of each one. Dip them carefully in well-beaten egg, crumb in fresh breadcrumbs, mixed with a small handful of chopped ham or a dessertspoonful of chopped truffles, fry in clarified butter, drain on a cloth, dish up in a pyramidal form, and garnish with fried parsley. Serve with a boat of sauce périgueux.

PIGEONS À LA COQUETTE.

INGREDIENTS.

2 <i>Bordeaux pigeons.</i>	6 <i>fresh eggs.</i>
6 <i>preserved artichoke bottoms.</i>	1 oz. <i>butter.</i>
1 <i>gill rich brown sauce.</i>	1 <i>tablespoonful port</i>
1 <i>gill rich suprême or velouté</i>	<i>wine.</i>
<i>sauce.</i>	<i>Seasoning.</i>

METHOD.—Truss and roast the pigeons in the usual manner, remove bones and skin, and pound the meat

in a mortar till quite smooth; then add the butter, and season to taste with pepper, salt and nutmeg. Boil the eggs till hard, remove the shells, and cut a piece off the bottom to make them stand; cut also a piece off the top so as to scoop out the yolks. Put the latter with the pigeon farce in the mortar, and mix the whole thoroughly with this and the brown sauce, rub through a fine sieve, and add the wine (the latter may be omitted if liked). Put the prepared farce in a forcing bag and fill the whites of egg shapes by means of this, place each on an artichoke bottom, force a thin border of farce round the edge, and range them on a buttered sauté-pan. Heat up thoroughly in the gas oven, previously placing a buttered paper over the top. Then dish up and sauce over with hot suprême or velouté sauce.

STEWED PIGEON WITH OLIVES.

INGREDIENTS.

1 <i>Bordeaux pigeon.</i>	1 <i>shallot.</i>
1 oz. <i>butter.</i>	12 <i>stoned French olives.</i>
<i>Pepper and salt.</i>	6 <i>preserved mushrooms.</i>
$\frac{1}{2}$ <i>gill brown sauce.</i>	$\frac{1}{2}$ <i>gill tomato sauce.</i>

METHOD.—Draw the pigeon, truss it for roasting, and roast for ten minutes in a sharp gas oven; baste frequently with dripping or butter; untruss, and cut it into neat joints. Peel and chop the shallot, fry it to a light brown in an ounce of butter; put in the pieces of pigeon, and fry a little longer; season with pepper and salt, pour off the fat, add the brown and tomato sauce, also the mushrooms cut up in dice; boil up and skim; put in the olives, turn down gas jets, and stew gently for thirty minutes. Arrange the

pigeon nicely on a hot dish, dispose of the olives and mushrooms, strain the sauce over the whole, and send to table.

CHICKEN PILLAU.

INGREDIENTS.

1 <i>chicken or small fowl.</i>	1-2 <i>lb. scrag end of mutton.</i>
3 <i>small onions.</i>	1 <i>carrot.</i>
1 <i>clove of garlic.</i>	6 <i>black peppercorns.</i>
2 <i>bayleaves.</i>	1 <i>piece of green ginger</i>
<i>Salt.</i>	<i>(whole).</i>
1 <i>blade of mace.</i>	2 <i>cloves.</i>
1 <i>large tablespoonful curry</i>	4-6 <i>oz. best rice (Patna).</i>
<i>or mulligatawny paste.</i>	3 <i>oz. butter.</i>

METHOD.—Cut away all the meat from the fowl, free it from skin, and cut into small conveniently sized pieces. Chop up the carcass and bones, put them in a stockpot or stewpan with the mutton, previously cut in pieces. Add water and soup vegetables to make a stock, which should be allowed to boil for at least two and a half hours. Onion, garlic, green ginger, bayleaves and peppercorns should be added, and the stock should by the time it is finished and strained produce about three pints of broth. Fry the pieces of chicken in butter to a nice pale brown. Pour off the butter and put into a deep stewpan, add the remainder of fresh butter, stir in the rice, and allow to fry for several minutes over a moderate gas fire. When the rice has sufficiently evaporated, moisten with the stock, and stir over the gas burner until it commences to boil, then lower the gas and allow to simmer gently. Mince finely one small onion, fry in butter a golden colour, add the curry paste and mace, also a tablespoonful of stock; mix

well, add the chicken pieces, and mix the whole with the rice. Stir the rice, etc., occasionally to prevent burning. Season with salt and pepper at the last. Just before dishing up fry one more onion, cut into very thin slices; these must be fried in butter and be of a nice pale brown colour. Dress the pillau in a pile on a hot dish, strew over with some thin strips of fried onion, and send to table.

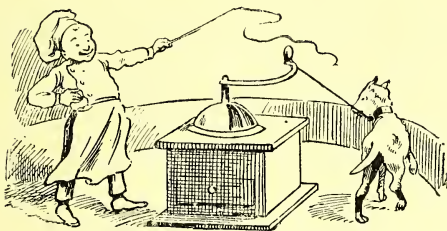
JUGGED HARE.

INGREDIENTS.

<i>1 hare.</i>	<i>A mirepoix, consisting of a</i>
<i>About 1 pint brown stock.</i>	<i>carrot, a turnip, 1 onion,</i>
<i>1 pint espagnole sauce.</i>	<i>a small bunch of savoury</i>
<i>1 glass port wine.</i>	<i>herbs, 4 oz. bacon and</i>
<i>Salt and pepper.</i>	<i>2 oz. butter.</i>
<i>A croûte of fried bread.</i>	<i>1 tablespoonful red currant</i>
	<i>jelly. [bread.</i>
	<i>Some croûtons or sippets of</i>

METHOD.—Procure the hare ready for cooking, joint it and cut into neat pieces. Clean the vegetables, scrape and peel them, and cut into slices. Cut the bacon into dice. Put the butter and bacon into a stewpan and add the vegetables, fry these a nice light brown, then add the pieces of hare and the bunch of herbs. Cook the whole over a brisk gas burner for about twenty minutes, stirring occasionally. Season with salt and pepper, moisten with the stock, boil up, skim, and add the sauce. Lower the gas, and cover and cook gently for about one hour. Take out the pieces of hare and put them into another stewpan. Strain the sauce, skim it from fat, and add to the hare; put in the wine and red

currant jelly, and allow to simmer for another ten minutes. Fix the bread croûte in the centre of a round entrée dish, dress the pieces of hare neatly on this, sauce over well with the sauce, and garnish with croûtons or sippets of fried or toasted bread. Savoury forcemeat balls are often used as garnish in place of the bread croûtons.



VEGETABLES.

BOILED POTATOES.

Wash and peel thinly the potatoes, put them in a saucepan of cold water sufficient to well cover them, add a little salt, and boil till they are tender. Pour off the water, and put the saucepan with potatoes back on the gas burner to dry for about three minutes, shake the pan frequently to prevent them from burning. They will take about half an hour to cook.

MASHED POTATOES.

Prepare and boil the potatoes as above directed; when cooked, drained, and dried, mash them with a fork or rub through a sieve. Return to the stewpan, and add butter, salt and pepper, allowing an ounce of butter to every pound of potatoes. Beat up well over the gas until thoroughly hot, and add a little milk or cream.

POTATO CROQUETTES.

INGREDIENTS.

2 lb. potatoes (mealy).	1 oz. butter.
2 tablespoonfuls cream.	2 eggs.
1 teaspoonful chopped parsley.	Salt, pepper, and nutmeg.
Breadcrumbs.	Frying fat.

METHOD.—Wash, peel thinly, and boil the potatoes till tender, drain, and mash them whilst hot, i.e., rub

them through a fine sieve. Melt the butter in a stew-pan, put in the mashed potatoes, add the cream, parsley, and seasoning; stir well over the gas for some minutes. Beat up the yolks of two eggs with a tablespoonful of milk, stir this into the potato mixture; continue to stir over the gas until the mixture is set, then turn out the gas and let cool. Divide into equal portions, and shape as required into croquettes, brush over with slightly beaten yolk of egg, cover with breadcrumbs, shape again, and fry a golden brown in very hot fat (clarified dripping or lard). When done, take up, drain carefully, dish up, and serve hot.

DUCHESS POTATOES.

INGREDIENTS.

<i>2 lb. mealy potatoes.</i>	<i>2 oz. clarified butter.</i>
<i>1 tablespoonful cream. [meg.</i>	<i>3 yolks of eggs.</i>
<i>Pepper, salt, and grated nut-</i>	

METHOD.—Wash and peel the potatoes, boil until done, drain off the water, and let them dry in the gas oven for a few minutes covered over. Rub them quickly through a wire sieve; whilst warm mix with them three yolks of eggs, clarified butter and cream; season with pepper, salt and grated nutmeg; when well mixed turn out on to a floured board, and make twelve parts of equal size; give each the shape of a square, trace a few lines with a knife, lay them on a buttered baking sheet, egg the surface, bake them in a quick gas oven, and dish up.

PARISIAN POTATOES.

Peel twelve medium-sized potatoes, scoop out in little round balls by means of a vegetable cutter or

scoop, blanch in salted water, and drain. Great care must be taken when blanching them; they should be brought to the boil quickly, else they will be in pieces by the time they are cooked. Put 2 oz. clarified butter in a sauté-pan; when hot place in the potatoes, toss them over the gas fire for a few minutes, then put in the gas oven and bake for ten minutes. When finished, they should be crisp and of a nice golden colour. Drain on a cloth or paper, sprinkle with a little chopped parsley and salt, and use as directed.

STUFFED POTATOES.

INGREDIENTS.

<i>1 dozen large potatoes.</i>	<i>Deep frying fat.</i>
<i>$\frac{1}{2}$ lb. cooked chicken or veal.</i>	<i>2 oz. lean ham.</i>
<i>3 preserved mushrooms.</i>	<i>1 truffle.</i>
<i>1 gill white sauce.</i>	<i>1 tablespoonful cream.</i>
<i>Seasoning.</i>	<i>Aromatic spice.</i>

METHOD.—Chop up the chicken, ham, truffles and mushrooms, heat them in the sauce, add cream and seasoning. Cut the potatoes into round blocks by means of a cutter, and remove the centre, making small bucket-shaped cases. Fry them in deep fat until a golden brown. Fill the potato cases with the mixture, and have ready a small round of ham to fit on the top of each case. Serve hot as an entrée. Sufficient for ten people.

CRUMBED POTATOES.

Wash and peel thinly a pound or more of new potatoes of even size, boil them carefully till tender, but not overdone. Drain them and cut in halves, place them on a dish, season with pepper and salt, pour some

melted butter over them, and dip each in brown bread-crumbs. Melt some butter in a baking-tin (Yorkshire pudding tin), when hot place in the potatoes, and bake them in a quick gas oven about fifteen minutes. When done dish up in the form of a pyramid on a round dish, and serve hot.

VEGETABLE MARROW WITH FINE HERBS.

Peel two marrows thinly, cut them in halves long-ways; remove the seedy portion. Have ready a pan half filled with water, slightly salted, let it boil, put in the marrows, and cook till tender; they will take about twenty minutes. When done take up carefully with a slice, and place them on a sieve to drain; dish up on a vegetable dish on a slice of toasted bread. Melt about $\frac{3}{4}$ oz. of butter; when hot add a small shallot, peeled and finely chopped, also a dessert-spoonful of finely chopped parsley and tarragon and chervil leaves, fry for a few seconds, and pour over the marrows.

STUFFED EGG PLANT (AUBERGINES.)

INGREDIENTS.

2 medium-sized egg plants.	Salt and pepper.
6 mushrooms.	2 oz. butter.
1 oz. lean bacon.	2 chopped shallots.
1 teaspoonful chopped parsley.	2 oz. breadcrumbs.
	1 oz. suet.
1 oz. grated parmesan cheese.	1 egg.
	1 gill demi-glace sauce.

METHOD.—Cut the egg plants lengthwise in twos; remove a portion of the interior to make room for the

stuffing. Chop finely the bacon, mushrooms, and suet. Put the butter and bacon in a stewpan; when hot add the shallots and fry a little. Mix in a basin the suet, parsley, breadcrumbs (previously soaked in a little milk), and parmesan cheese. Season with pepper and salt, add butter and shallots, also the yolk of an egg, or if found necessary the whole egg, mix well, then put the stuffing in the aubergines. Range them in a buttered sauté-pan, sprinkle with a mixture of breadcrumbs and grated cheese, bake in a moderate gas oven for half an hour or more. Dish up and serve with demi-glace sauce.

TOMATOES WITH MUSHROOMS.

INGREDIENTS.

1 lb. tomatoes.	Pepper and salt.
$\frac{1}{4}$ gill cream.	4 oz. cracknel biscuits.
1 teaspoonful chopped parsley.	2 oz. butter.
1 dessertspoonful bovril.	A pinch of castor sugar.
	6 or 8 fresh cup mushrooms.

METHOD.—Boil the tomatoes in slightly salted water, strain off the water, and rub the tomatoes through a sieve. Soak the biscuits in tepid water or milk, and pass them through a sieve. Mix them with the tomatoes in a stewpan, add half the butter, the bovril, the sugar, and enough salt and pepper to taste. Stir until it boils, then add the cream and keep hot. Wash, clean, and dry the mushrooms, fry them in the remainder of the butter, season with pepper and salt, and sprinkle with a little chopped parsley. Put the tomato purée in a round dish, surround with the fried mushrooms, sprinkle over the remainder of chopped parsley, and serve hot.

MUSHROOM SCALLOPS.

INGREDIENTS.

1 punnet of fresh cup mush-	1 shallot.
2 oz. cooked ham. [rooms.	2½ oz. butter.
1 tablespoonful cream.	¼ gill tomato sauce.
2 tablespoonfuls madeira	Breadcrumbs.
Parsley. [wine.	Pepper and salt.

METHOD.—Wipe the mushrooms with a damp cloth, remove the stems and skins, then mince the mushrooms rather finely. Peel and chop the shallot; melt half the butter, fry in it the shallot and the ham, previously chopped; now add the sauce, wine, cream, and a couple of tablespoonfuls of breadcrumbs; season to taste. When thoroughly hot fill several well-buttered shells, cover with breadcrumbs, sprinkle with parsley. Divide the remainder of butter into little bits, and place on top of the filled shells. Bake in a very hot gas oven for a few minutes, so as to brown the surface. Dish up, garnish with parsley, and serve.

SPINACH WITH POACHED EGGS.

INGREDIENTS.

2 lb. spinach.	1 oz. butter.
½ oz. flour.	1 tablespoonful cream.
Salt and pepper.	3 or 4 poached eggs.

METHOD.—Pick off the stalks and brown leaves, and wash the spinach in several waters. Drain it, and put it in a stewpan with just enough water to keep it from burning; add a teaspoonful of salt and a very small piece of soda or a little moist sugar. When cooked sufficiently put the spinach into a colander and press the moisture from it, then rub

through a wire sieve. Melt the butter in a stewpan, add the flour and cook a little, put in the spinach, and moisten with a little stock or gravy. Stir till it boils, turn down gas jets, and simmer for at least ten minutes. Lastly add the cream, and season to taste with pepper, salt and nutmeg, or cayenne. Poach the eggs very carefully in water containing a little salt, and a small quantity of vinegar or lemon juice. Take up and trim the eggs. Dish up the spinach, and place the eggs neatly on top of the spinach. Serve hot.

BRUSSELS SPROUTS SAUTÉ.

Trim and wash 1 lb. brussels sprouts; boil them in salted water in the usual manner; when done take up, drain, and let them get cool. Melt $1\frac{1}{2}$ oz. fresh butter in a sauté or fryingpan, put in the sprouts, season with pepper and a pinch of nutmeg, toss the sprouts in the pan over a strong gas burner for about ten minutes, dish up, sprinkle over a little chopped parsley, and serve.

HARICOT BEANS.

INGREDIENTS.

$\frac{1}{2}$ pint haricot beans.	1 teaspoonful chopped
$1\frac{1}{2}$ oz. dripping or butter.	parsley.
$\frac{1}{2}$ gill stock or gravy.	Pepper and salt.

METHOD.—Soak the beans for twelve hours; put them on in as much cold water as will cover them, and boil the beans for two hours, or until they are soft; drain the water from them; melt the butter or dripping in the saucepan, put in the cooked beans, add salt, pepper and chopped parsley, also the stock or gravy, place them over a gas burner with the gas

turned very low, or in the gas oven, to get hot through, shaking the pan occasionally to prevent them from sticking. Serve on a hot dish.

CAULIFLOWER AU GRATIN.

INGREDIENTS.

1 <i>cauliflower.</i>	1½ <i>oz. butter.</i>
¾ <i>oz. flour.</i>	½ <i>pint milk.</i>
1½ <i>oz. grated cheese.</i>	<i>Salt, pepper and nutmeg.</i>
<i>Breadcrumbs.</i>	

METHOD.—Trim and wash the cauliflower, cook it till tender in slightly salted water, drain it well, and let cool. Melt 1 oz. of butter in a small stewpan, stir in the flour, cook a little; dilute with the milk, and let boil for ten minutes; season to taste; add 1 oz. grated cheese. Press the cauliflower into shape. Put a tablespoonful of the sauce on the dish intended for serving, place the cauliflower on this, sauce over carefully with the remainder of the sauce, sprinkle over the remainder of the cheese and a few bread-crumbs, place a few bits of butter here and there, and brown in the gas oven.

BUTTER BEANS.

INGREDIENTS.

½ <i>pint butter beans.</i>	3 <i>yolks of eggs.</i>
2 <i>teaspoonfuls tarragon</i>	<i>A few drops of lemon juice.</i>
1 <i>oz. butter.</i>	<i>[vinegar. Seasoning.]</i>

METHOD.—Soak the beans in water for twenty-four hours. Simmer gently for three hours. Strain the beans, and place them in a hot dish. Melt the butter, allow it to cool, add the yolks of eggs, vinegar

and lemon juice. Stir these ingredients briskly over the gas fire until thickened. Pour the sauce over the beans, and serve hot. Enough for three people.

GREEN PEAS.

Shell the peas; put them into a saucepan with boiling water to which salt and a small quantity of moist sugar has been added; there should only be just enough water to well cover the peas. Let them boil quickly; the stewpan should not be covered. When done drain on a colander or sieve, put them on a hot vegetable dish; place a few small pieces of butter on top, and serve. A few sprigs of green mint added to the water will improve the flavour of the peas.

GREEN PEAS PURÉE.

Boil a quart of shelled peas in slightly salted water till tender (a small piece of soda or a teaspoonful of moist sugar should be put into the water, as that will preserve the green colour). When done drain off the water, and rub the peas through a sieve. Put the purée in a stewpan with enough milk or cream to moisten, also a small piece of fresh butter. Season to taste with pepper and salt, and stir over the gas fire till quite hot. Serve as a garnish for cutlets, etc.

STUFFED VEGETABLE MARROW.

INGREDIENTS.

<i>A medium-sized vegetable</i>	<i>Pepper and salt.</i>
<i>marrow.</i>	<i>2 tablespoonfuls chopped</i>
<i>2 tablespoonfuls chopped</i>	<i>ham.</i>
<i>suet.</i>	<i>2 tablespoonfuls bread-</i>
<i>1 teaspoonful chopped</i>	<i>1 egg. [crumbs.</i>
<i>parsley.</i>	<i>1 oz. butter.</i>

METHOD.—Peel the marrow, cut it in half lengthways, remove the seeds from the centre. Prepare a stuffing from the above-named ingredients. Boil the marrow for barely fifteen minutes in salted water, take up, drain, and cool. Lay the marrow on a buttered tin, put the prepared stuffing in each half; sprinkle over a few breadcrumbs, and place a few tiny bits of butter on top; bake in a well-heated gas oven for fifteen minutes, dish up, and serve hot. Cucumber can be cooked in the same way.

STEWED MUSHROOMS.

INGREDIENTS.

$\frac{1}{2}$ lb. fresh mushrooms.	1 oz. butter.
1 teaspoonful chopped	1 gill tomato or brown
Seasoning. [parsley.	sauce.

METHOD.—Peel the tomatoes, trim the stalks, and fry them in the butter for five minutes, season with pepper and salt, add the sauce, turn down gas jets, simmer gently for another fifteen minutes. Dish up on a hot dish, sprinkle over with parsley, and serve hot.

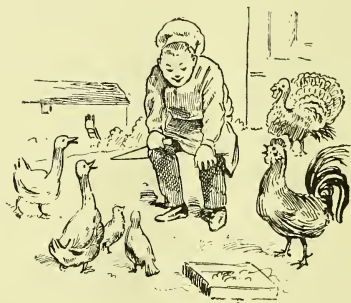
STUFFED TOMATOES WITH ASPIC JELLY.

INGREDIENTS.

6 even-sized ripe and firm	Parsley.
tomatoes.	About 1 pint aspic.
4 gorgona anchovies	1 dessertspoonful capers.
filleted.	Mayonnaise sauce.
1 hard-boiled yoke of egg.	2 lettuces.

METHOD.—Wipe the tomatoes, carefully scoop out the centre by means of a vegetable cutter or a tea-

spoon. Chop the capers, yolk of egg, and anchovy fillets, mix with a gill of mayonnaise and a gill of aspic, stir over the ice until nearly set, then fill the cavities of the tomatoes, cover with a sprig of parsley, and put on the ice to set thoroughly. Coat each tomato several times with half-set aspic, or line some little moulds with aspic, and set the tomatoes in the same. Have ready the lettuces, washed and divided into small pieces, season with salt and pepper, dress with mayonnaise, and put in the centre of a dish. Arrange the prepared tomatoes round the salad, garnish with sprigs of parsley and blocks of aspic jelly. Some lobster or any other kind of cooked fish may be used for the stuffing in place of the anchovies.



SALADS.

LETTUCE SALAD.

Rinse some cabbage or cos lettuces ; drain and dry thoroughly ; break the leaves into convenient pieces. Prepare a dressing with finely chopped garden cress, tarragon, chervil, three yolks of hard-boiled eggs rubbed through a fine sieve, two tablespoonfuls of salad oil, one of tarragon vinegar, and a little French mustard. Work all until smooth, and lastly add the lettuce and serve.

FRENCH SALAD.

Split some French cos lettuces down the stalk ; divide the leaves into three or four pieces ; rinse in cold water ; shake it well in a light wire basket (these are especially used for draining salad in France). Place the lettuces in a salad bowl ; season with pepper and salt ; sprinkle over some coarsely chopped chives, tarragon, chervil and parsley ; mix with two to three parts of salad oil to one part of French wine or tarragon vinegar. The dressing should always be mixed in a separate basin or in a large ladle ; a little French mustard may be mixed with it if preferred. The mixing should be done with a wooden fork or spoon.

Cabbage lettuces, endives, dandelion, and other salad plants are prepared in a similar way. Pickled beetroot is usually mixed with small salads, such as corn salad, chicorée, escarole, American cress, water-cress, etc.

ENGLISH CRESS.

Clean, rinse and drain some cabbage lettuces, watercresses, mustard and cress, and a few spring onions; break the lettuce leaves into convenient pieces, slice one or two ripe tomatoes, peel and slice a piece of cucumber. Place all alternately into a salad bowl; add a few slices of lemon cut into quarters, a small quantity of finely minced shallots; garnish the top with slices of lemon, cucumber and tomato, and serve with mayonnaise sauce.

EGG SALAD.

Boil the eggs hard, steep them into cold water to get cool, remove the shell, and cut them into slices. Place in a salad bowl or deep dish, season with pepper, salt, oil, vinegar, a little chopped parsley, and serve.

POTATO SALAD.

Cut up some cold potatoes into round or oblong slices, the thickness of a penny piece. Rub the salad bowl with a small cut onion, a little garlic or shallot; lay in the slices of potatoes in rows, garnish with pickled red cabbage, slices of pickled beetroot, sprigs of parsley, and a few small bunches of watercress. Pour over a seasoning of two parts of oil, one of vinegar, pepper, salt, chopped parsley, and a little cayenne.

WINTER SALAD.

INGREDIENTS.

<i>A small head of celery.</i>	$\frac{1}{2}$ <i>pickled beetroot (well</i>
<i>3 or 4 cold potatoes.</i>	<i>boiled).</i>
<i>Dressing.</i>	<i>Pepper and salt.</i>

METHOD.—Peel and slice the potatoes and beetroot;

wash the celery, and shred not too small. Arrange these ingredients in layers into a salad bowl, season to taste, pour over some salad dressing ; sprinkle over if liked a little chopped parsley, wipe the sides of the bowl, and mix well when required.

ENDIVE SALAD.

Trim and wash well a nice endive, divide into small pieces, drain, and dry in a cloth or salad basket ; put it in a salad bowl, season with pepper and salt, pour over some salad dressing, and mix thoroughly. Batavia can be used in place of endive. Finely shredded celery, sprigs of watercress, or small cress, may be mixed with this salad if liked.

CUCUMBER SALAD.

Peel thinly one or more cucumbers, cut into very thin slices, and arrange them neatly in a salad bowl or dish. Mix two parts of salad oil with one part of vinegar, add pepper and salt to taste, and a little chopped parsley, stir well, and pour over the sliced cucumbers.

TOMATO SALAD.

INGREDIENTS.

6 firm even-sized tomatoes.	1 tablespoonful vinegar.
1 teaspoonful mixed mustard or mustardyne.	2 tablespoonfuls salad oil.
Pepper and salt.	1 teaspoonful chopped chives or parsley.

METHOD.—Wipe the tomatoes, scald them in boiling water for one minute, drain on a cloth, carefully remove the stems and skin, and let cool ; cut them into thin slices and place in a salad bowl. Now pre-

pare the dressing: Put two saltspoonfuls of salt in a basin, together with one saltspoonful of pepper and the mixed mustard or mustardyne; pour in the vinegar and oil, and mix thoroughly with a wooden salad spoon. Just before serving the salad add the chopped chives or parsley to the dressing and pour it over the tomatoes.

OYSTER AND CELERY SALAD.

INGREDIENTS.

1 dozen large oysters.	1 large head of white
$\frac{1}{2}$ gill cream.	3 yolks of eggs. [celery.
$\frac{1}{4}$ gill tarragon vinegar.	$\frac{1}{2}$ teaspoonful made
$\frac{1}{2}$ oz. butter.	mustard.
1 tablespoonful mayonnaise	Salt and cayenne pepper.
or tartare sauce.	1 hard-boiled egg.
	Parsley.

METHOD. -- Beard the oysters, cut them into quarters, and heat them up in their own liquor without allowing them to boil; heat up the cream, vinegar, and butter, add the mustard, and stir until quite hot; then add the egg-yolks, and keep on the gas whilst stirring until the liaison is formed; put in the oysters, heat again, turn out the gas, and set on the side to get cool; wash and trim the celery, remove the outer leaves of the stalk, shred the white portion of the celery, and put in a bowl; season to taste with salt and cayenne, add a little of the dressing from the oysters, and the mayonnaise or tartare sauce, then mix in the oysters, etc., mingle the whole gently, and dish up in a salad bowl, pile up high, sprinkle over with finely chopped parsley, and garnish tastefully with slices of hard-boiled egg.

SUPERIOR SALAD DRESSING (MAYONNAISE).

INGREDIENTS.

<i>2 yolks of eggs.</i>	<i>2 saltspoonfuls salt.</i>
<i>1 pint salad oil.</i>	<i>$\frac{1}{2}$ gill vinegar.</i>
<i>3 tablespoonfuls cream.</i>	<i>$\frac{1}{2}$ teaspoonful castor sugar.</i>

METHOD.—Put the yolks and salt into a basin, stir with a wooden spoon, and add the oil drop by drop, allowing a teaspoonful of vinegar to be incorporated at intervals; work up the mixture to a light cream (this must be done in a cool place, else it will curdle); add the cream and sugar at the last. A tablespoonful of hot water added at the last moment will be found useful if the sauce is to be kept for any length of time. It will keep good for several weeks if kept in a corked bottle.

SALAD OF DUCK.

INGREDIENTS.

<i>$\frac{1}{2}$ cold duck.</i>	<i>2 tablespoonfuls Provence</i>
<i>1 tablespoonful Orleans</i>	<i>oil.</i>
<i>vinegar.</i>	<i>1 teaspoonful of each,</i>
<i>1 cabbage lettuce.</i>	<i>chopped chives & parsley.</i>
<i>Seasoning.</i>	<i>2 thin slices of sour orange</i>
<i>$\frac{1}{2}$ bunch cresses.</i>	<i>(unpeeled).</i>
<i>$\frac{1}{2}$ stick of white celery.</i>	<i>Mayonnaise sauce.</i>

METHOD.—Cut the duck into inch dice or cubes; wash and clean the celery, cut it into fine strips or shreds (using the white parts only); mix both and put in a basin, season with pepper and salt, pour over the vinegar and oil, and let it stand for a while. Cut the orange slices into quarters or eights. Wash, trim, and drain the lettuce, and the cresses. Line a

salad bowl with the leaves of the lettuce, then put in the cresses and the orange, moisten with a little mayonnaise sauce, then add the mixture above referred to, cover with a thin layer of mayonnaise, and sprinkle over with chopped parsley and chives.

ORANGE SALAD.

INGREDIENTS.

4 oranges.	1 tablespoonful sweet
$\frac{1}{2}$ lemon.	salad oil (<i>huile de</i>
1 tablespoonful brandy.	Provence). [sugar.
$\frac{1}{2}$ teaspoonful finely chopped	$\frac{1}{2}$ teaspoonful castor
tarragon and chervil.	A pinch of cayenne.

METHOD.—Remove the peel and pips from the oranges, divide the fruit into the natural divisions, removing at the same time all the skin and pips. Put the fruit in a salad bowl, add a few thin slices of lemon, free from skin and pips, pour over the oil and brandy, season with sugar and cayenne, add the chopped herbs. Mix thoroughly but carefully, and pile up neatly on a dish. Keep the dish on the ice until required for table.



SAUCES.

WHITE SAUCE.

INGREDIENTS.

1 oz. <i>butter.</i>	$\frac{1}{2}$ pint <i>milk.</i>
1 oz. <i>flour.</i>	1 gill <i>white stock.</i>
Half a <i>bayleaf.</i>	<i>Salt and white pepper.</i>

METHOD.—Melt the butter in a small saucepan, stir in the flour, and cook for a few minutes without allowing the flour to brown, dilute with the milk, stir till it boils, then add the stock and bayleaf, turn down gas jets, and let simmer for at least ten minutes. Remove the bayleaf, season to taste, and strain.

BÉCHAMEL SAUCE.

INGREDIENTS.

$1\frac{1}{2}$ oz. <i>flour.</i>	2 oz. <i>butter.</i>
$1\frac{1}{4}$ pint <i>milk.</i>	1 small <i>onion or shallot.</i>
1 small <i>bouquet garni.</i>	10 <i>peppercorns.</i>
Half a <i>bayleaf.</i>	1 small <i>blade of mace.</i>
<i>Seasoning.</i>	

METHOD.—Put the milk on to boil with the onion or shallot (peeled), the bouquet, peppercorns, mace, and bayleaf. Melt the butter, stir in the flour, and cook a little without browning (or use white roux), stir in the milk, etc. (hot), whisk over the gas until it boils, and let simmer from fifteen to twenty minutes. Take out the bouquet, rub through a

sieve or tammy, return to the stewpan, season lightly with a pinch of nutmeg, half-pinch of cayenne, and half a teaspoonful of salt. The sauce is then ready for use.

ESPAGNOLE SAUCE.

INGREDIENTS.

1 carrot.	<i>Bunch sweet herbs (bay-</i>
1 onion.	<i>leaf, a sprig of thyme,</i>
$\frac{1}{2}$ turnip.	<i>marjoram and parsley).</i>
1 stick of celery or $\frac{1}{2}$ tea-	3 ripe tomatoes.
spoonful celery salt.	2 cloves.
2 oz. ham or bacon.	1 glass sherry.
1 pint stock.	2 oz. butter.
Seasoning.	2 oz. flour.

METHOD.—Put the butter into a stewpan with the bacon and vegetables (except the tomatoes); allow them to fry a nice brown. Add the flour, turn down gas jets a little, and fry this at a more gentle heat until a dark brown. Add the stock, stir till boiling, add the tomatoes, and cook gently for three-quarters of an hour. Add the sherry, reboil, and pass through the tammy cloth. Reheat and serve as required. It is as well to make this sauce in considerable quantities, and use as directed in the recipes to be prepared.

HOLLANDAISE SAUCE.

INGREDIENTS.

2 yolks of eggs.	1 gill white sauce.
1 oz. butter.	1 teaspoonful vinegar.
Salt and pepper.	

METHOD.—Heat up the sauce in a small saucepan, stir in the yolks of eggs, stand the saucepan in boil-

ing water over the gas, and whisk until nearly boiling. Add the butter in small quantities, also the vinegar. Season to taste, and whisk until the sauce has the consistency of a light cream. This sauce is excellent with boiled fish, asparagus, cauliflower, artichokes, etc.

RICH BROWN SAUCE.

INGREDIENTS.

$1\frac{1}{2}$ gill brown sauce.	1 teaspoonful Liebig
$\frac{1}{2}$ wineglassful sherry.	Company's extract of
1 mushroom (fresh or pre- served).	meat.
	1 shallot.

METHOD.—Peel and chop the shallot, chop the mushroom; put these in a small stewpan with the sherry, cover, and let infuse for five minutes over the gas with gas jets turned down low. Add the meat extract and brown sauce; boil up and serve. A little chopped parsley may also be added if liked. No extra seasoning will be required if the brown sauce is sufficiently seasoned.

BROWN SAUCE.

INGREDIENTS.

$\frac{1}{2}$ pint gravy or stock.	1 carrot.
1 oz. butter or dripping.	1 dessertspoonful mush- room ketchup.
1 oz. flour.	
Salt and pepper.	1 dessertspoonful vinegar.
1 onion.	

METHOD.—Peel the onion, scrape the carrot, cut up both into small pieces; melt the butter or dripping in a saucepan; when hot add the vegetables and flour, stir over the gas till brown; put in the vinegar,

ketchup and gravy, stir until it boils; skim well, and allow to simmer for twenty minutes. Strain and season to taste, and serve as required.

PIQUANTE OR SAVOURY SAUCE.

INGREDIENTS.

<i>2 chopped shallots.</i>	<i>Salt and pepper.</i>
<i>1 oz. minced lean bacon or</i>	<i>$\frac{1}{2}$ small carrot.</i>
<i>ham.</i>	<i>$\frac{1}{2}$ small turnip.</i>
<i>1 teaspoonful flour.</i>	<i>2 cloves.</i>
<i>4 tablespoonfuls vinegar.</i>	<i>1 glass port wine.</i>
<i>$\frac{1}{2}$ pint stock.</i>	<i>$1\frac{1}{2}$ oz. butter.</i>

METHOD.—Mince the vegetables, fry them for five minutes in the butter, with ham and cloves; add the vinegar, stock, flour and seasoning; simmer for twenty minutes, turning down gas jets, skim and strain. A small glass of port wine added and simmered in this sauce will be found a great improvement. This sauce is usually served with grilled meats, chops, steaks, cutlets, etc., but may be served with any other meat dishes when piquancy is required.

WHITE WINE SAUCE FOR FISH, ETC.

INGREDIENTS.

<i>Some fish liquor.</i>	<i>$\frac{1}{2}$ pint white stock.</i>
<i>$\frac{3}{4}$ oz. flour.</i>	<i>1 gill white wine.</i>
<i>2 oz. butter.</i>	<i>2 yolks of eggs.</i>
<i>Half a lemon.</i>	<i>Salt and white pepper.</i>

METHOD.—If the sauce is required for dressed fish, the fish should be cooked in a mirepoix of sliced onion, parsley, and savoury herbs, as is usual, with

the appropriate quantity of moisture. The liquor is strained and used in the sauce. Melt 1 oz. butter, stir in the flour, cook a little, dilute with stock, fish liquor and wine, cook for fifteen minutes, add by continuous stirring the remainder of the butter bit by bit, also the yolks of eggs one at a time. Season with a little salt and a pinch of mignonette or white pepper, and add a few drops of lemon juice; strain through a tammy or napkin, and use as sauce for dressed fish, etc. Mostly served with soles, salmon, trout and whiting.

SAUCE PÉRIGUEUX (TRUFFLE SAUCE).

INGREDIENTS.

<i>3 large truffles.</i>	<i>1 gill brown sauce.</i>
<i>1 gill tomato sauce.</i>	<i>1 teaspoonful anchovy</i>
<i>½ oz. fresh butter.</i>	<i>essence.</i>

METHOD.—Chop three large truffles finely, put them in a small stewpan with a glass of sherry, reduce to one half (covered), add a gill of brown sauce and one of tomato sauce, boil for a few minutes, finish with a tablespoonful of anchovy essence and a pat of fresh butter.

MINT SAUCE.

INGREDIENTS.

<i>2 tablespoonfuls finely</i>	<i>1 dessertspoonful brown</i>
<i>chopped mint (green).</i>	<i>sugar.</i>
	<i>3 or 4 tablespoonfuls vinegar</i>

METHOD.—Put the mint into a basin, add the sugar, and pour over a little warm water sufficient to dissolve the sugar, cover, and let cool; then add the vinegar, stir well, and pour into a sauceboat.

MAYONNAISE SAUCE.

INGREDIENTS.

3 yolks of eggs.	$\frac{1}{2}$ teaspoonful salt.
$\frac{1}{2}$ pint best salad oil.	$\frac{1}{2}$ teaspoonful mustard
$\frac{1}{4}$ gill tarragon vinegar or	(dry).
French Orleans vinegar.	1 saltspoonful pepper.

METHOD.—Put the yolks of eggs into a clean and cold basin, add the salt, and stir on the ice or in a cool place with a wooden spoon, adding the oil very slowly; stir well for about fifteen minutes, the mixture should then resemble a thick cream. Lastly add the mustard, pepper, and vinegar. Keep in a very cool place until required.

TARTARE SAUCE.

Put two yolks of eggs in a basin, place it in a shallow pan containing some crushed ice, add a teaspoonful of salt, a good pinch of white pepper, a pinch of cayenne, and a teaspoonful of mustard; stir well together, and gradually add a pint of salad oil, and about a quarter of a gill of tarragon vinegar; when the sauce is smooth and creamy stir in a good tablespoonful of cold béchamel or velouté sauce, two teaspoonfuls of chopped gherkins, one of chopped capers, one of chopped parsley, and about half a teaspoonful of finely chopped tarragon and chervil. Do not mix the gherkins, capers, etc., until the sauce is finished, as it is likely to cause the sauce to turn if put in too soon. A few drops of lemon juice may be added if the sauce is found too thick.

OYSTER SAUCE.

INGREDIENTS.

12 oysters.	1 oz. butter.
1 yolk of egg.	1 teaspoonful lemon juice.
$\frac{3}{4}$ pint béchamel sauce.	

METHOD.—Open the oysters, remove the beards, and put them with their liquor in a small saucepan, with the butter. Cover with the lid, and cook over gas stove for four minutes (they must not be allowed to boil). Put the oysters on a sieve, cut them in twos or quarters; allow the liquid to reduce to half its original quantity; strain, return to the saucepan, add the béchamel sauce; when hot, bind with the yolk of egg, then put in the oysters and lemon juice. Stir until the former are quite hot, season with a pinch of salt and pepper if necessary, and serve in a hot sauceboat.

JOINVILLE SAUCE.

INGREDIENTS.

1 oz. flour.	$\frac{1}{2}$ gill fish stock.
3 oz. butter.	$\frac{3}{4}$ pint white stock.
3 yolks of eggs.	Lobster coral.
Lemon juice.	Salt and cayenne.

METHOD.—Melt 1 oz. butter in a saucepan, stir in the flour, and cook a little without browning. Add gradually the fish and white stock, stir until it boils, turn down gas jets, and let simmer for twenty minutes. Pound the lobster coral in a mortar with an equal quantity of fresh butter, rub through a sieve, and stir into the sauce. Stir in the egg-yolks one at a time; season to taste with a pinch of cayenne, salt, and lemon juice; whisk well over a

slow gas fire or in a bain-marie; do not let the sauce boil up again; pass through a fine-pointed strainer or napkin and serve as directed.

VELOUTÉ SAUCE.

INGREDIENTS.

1 oz. <i>flour</i> .	1 pint <i>veal stock</i> .
1½ oz. <i>butter</i> .	¼ gill <i>mushroom liquor</i> .
½ gill <i>cream</i> .	1 small <i>bouquet garni</i> .
6 <i>peppercorns</i> .	<i>Salt and nutmeg</i> .
<i>Lemon juice</i> .	

Cook the flour and 1 oz. of butter together without browning, stir in the stock and mushroom liquor, add the bouquet and crushed peppercorns, boil slowly for twenty minutes, stir frequently, and skim. Pass through a sieve or tammy, keep on the side of the stove, put a few tiny pieces of butter on top to keep from forming a skin. Just before using it add the cream. Stir well, and let it get thoroughly hot without browning; season with salt if necessary, a pinch of nutmeg, and about a teaspoonful of lemon juice. The sauce is now ready for use, and will serve as a foundation for any white stock or as a velouté by itself. The cream may be omitted if used as the former.

ALLEMANDE SAUCE.

Dissolve 1 oz. butter in a stewpan, add 1 oz. flour, stir a few minutes without allowing it to brown, dilute with rather more than a pint of chicken stock, stir until it boils. Season with pepper, salt, and grated nutmeg. Turn down gas jets, let it simmer for half an hour, skim, and finish with a liaison of two yolks of eggs, a tablespoonful of cream, and ½ oz.

of fresh butter. Stir over the gas until the eggs begin to set, but do not let it boil; add a teaspoonful of lemon juice, and pass through a fine strainer or tammy cloth.

SUPRÊME SAUCE.

Make a white roux with 1 oz. butter and 1 oz. flour; dilute with three parts of a quart of chicken stock; add a small onion, one clove, and half a bay-leaf; let it simmer for fifteen minutes, skim well, and work in three pats of fresh butter, a tablespoonful of cream, one yolk of egg, and the juice of half a lemon. Mix well, and pass through a tammy cloth.

DEMI-GLACE SAUCE.

Reduce $\frac{1}{2}$ pint espagnole sauce with $1\frac{1}{2}$ gill of good gravy (strained and free from fat); allow to simmer about fifteen minutes, and season with a pinch of pepper.

ITALIAN SAUCE.

INGREDIENTS.

$\frac{1}{2}$ pint espagnole sauce.	4 small shallots.
A sprig of thyme.	8 preserved mushrooms.
1 bayleaf.	1 tablespoonful sweet oil.
1 glass chablis or sauterne.	$\frac{1}{2}$ gill stock.

METHOD.—Peel the shallots, chop them finely, place in the corner of a clean cloth, hold tightly wrapped up under cold water, then squeeze out the water and put them in a small stewpan with the oil; stir over the gas for a few minutes, to blend, but not to colour. Add the wine, the mushrooms (finely chopped), herbs, and the stock; let it reduce well and add the espagnole. Boil for ten minutes, take out

the herbs, free it from oil, and keep hot in the bain-marie until required.

GÉNOISE SAUCE.

INGREDIENTS.

1 sliced onion.	1 oz. butter.
$\frac{1}{2}$ clove of garlic.	1 teaspoonful anchovy
Small bouquet garni.	essence.
1 glass red wine (Burgundy).	1 pint espagnole sauce
1 pinch mignonette pepper.	(made from fish stock
1 shallot.	if desired).

METHOD.—Melt the butter in a stewpan, and fry onion, shallot, garlic, and bouquet, add the wine, turn down gas jets, let simmer until the onions are done, then add the sauce, and let simmer gently for ten minutes. Strain through a fine sieve or tammy, add the pepper and anchovy essence, and use as directed.

TOMATO SAUCE.

Put into a stewpan 1 oz. of slices of bacon, 1 oz. butter, and a finely chopped onion, fry a little, and add about 1 lb. of ripe tomatoes, freed from stems and cut into slices, stir over the gas a little longer, then add 1 oz. of flour previously mixed with a little cold stock or gravy. Stir in gradually three parts of a quart of stock, add a few peppercorns, a few sprigs of savoury herbs and parsley; allow all to simmer for half an hour. Remove the herbs, rub through a sieve, return to the stewpan, season with salt, a pinch of castor sugar and pepper, finish with a pat of fresh butter, and serve as required.

P.S.—A tablespoonful of double cream might be used instead of butter, but the sauce should not be allowed to boil again after the butter or cream as a finish has been added.

CUCUMBER SAUCE.

INGREDIENTS.

$\frac{1}{2}$ cucumber.	$\frac{1}{2}$ gill béchamel sauce.
$\frac{1}{2}$ gill cream.	1 gill mayonnaise sauce.
Salt and pepper.	Spinach greening.

METHOD.—Peel the cucumber thinly and cut into small pieces, boil in salted water till tender, and rub through a hair sieve ; return the pulp to the stewpan, add the bechamel sauce, let it reduce to about half the original quantity, and let it cool ; whip the cream until stiff, work in the mayonnaise sauce, and mix slowly with the reduced cold sauce ; add a little salt and pepper if needed, also a few drops of spinach greening. The sauce is then ready for use.

CUSTARD SAUCE.

Boil half a pint of milk, beat up two yolks of eggs in a basin, add a heaped-up tablespoonful of castor sugar, add some flavouring essence, if liked, stir the boiling milk gradually on to the eggs, return into the stewpan, and stir over the gas, with gas turned down a little, until the custard is formed. It must not on any account be allowed to boil. If liked a little thicker, a teaspoonful of cornflour may be mixed with a little cold milk ; this must be added to the hot milk before the yolks, etc., are incorporated. Cinnamon, nutmeg, or lemon rind may be used as flavouring in place of essence.

MELTED BUTTER SAUCE.

INGREDIENTS.

$1\frac{1}{2}$ oz. butter.	About $\frac{1}{2}$ pint cold water.
1 oz. flour.	A pinch of grated nutmeg.
Salt.	

METHOD.—Put the butter in the saucepan, let it melt, stir in the flour; now gradually add the water (if it is to be served with fish use fish stock in place of water), stir, and bring it gently to a boil; add a pinch of salt and rather less than a pinch of grated nutmeg. This sauce is served with all kinds of fried, boiled, or grilled fish, etc.

ANCHOVY SAUCE.

Take a gill of melted butter sauce and mix whilst hot with one dessertspoonful of essence of anchovy; a few drops of lemon juice may be added. This sauce is served with boiled or fried fish, and should always be sent to table in a sauceboat, and not poured over the fish.

LOBSTER SAUCE.

Take half a pint of béchamel sauce, add to it two heaped-up tablespoonfuls of finely chopped lobster, including a little coral or spawn; mix, and heat up carefully whilst stirring; season with a pinch of cayenne or paprika pepper, and serve when hot.

ASPIC JELLY.

INGREDIENTS.

$1\frac{1}{2}$ pint stock or water.	$2\frac{1}{2}$ oz. French leaf gelatine.
1 large teaspoonful Liebig's extract of meat.	1 carrot.
4 cloves.	1 turnip.
20 peppercorns.	1 onion.
1 stick celery, or $\frac{1}{2}$ teaspoonful celery salt.	1 blade mace.
1 gill sherry.	Juice and rind of 1 large lemon.
Whites and shells of 2 eggs.	1 gill tarragon, chili and elder vinegar, mixed.
	Salt.

METHOD. — Put all these ingredients into a stew-

pan, stir until the gelatine is melted, whisk well until nearly boiling, allow the jelly to boil up three times, turn down gas jets, and simmer for half an hour; pour through a scalded jelly bag or clean kitchen rubber until it runs clear. Use as directed. Sufficient for one quart aspic.

BOUQUET GARNI.

Procure a few branches of parsley, one or two sprigs of thyme, one bayleaf, a sprig of marjoram, a sprig of basil, a little chives, green celery leaves, and a clove of garlic if liked; wash and dry the parsley, chives, and celery, cut the latter in pieces about the size of the parsley, pull all nicely together in a bunch, and tie up with a piece of string. Other aromatic herbs may be included in the bunch if liked. Excessive use of strong-smelling herbs must, however, be avoided.

MAÎTRE D'HÔTEL BUTTER.

Put one or two pats of butter on a plate, mix thoroughly with it a pinch of salt, half-pinch of pepper, and a suspicion of cayenne, also one teaspoonful of lemon juice, and one heaped-up teaspoonful of finely chopped parsley. Shape as required, and place on the ice.

SWEETS.

HOT AND COLD PUDDINGS, JELLIES AND CREAMS,
CAKES AND PASTRY.

MARMALADE PUDDING.

INGREDIENTS.

6 oz. orange marmalade.	8 oz. breadcrumbs.
6 oz. finely chopped beef	2 eggs.
suet. [powder.	A pinch of salt.
$\frac{1}{2}$ teaspoonful baking	

METHOD.—Put the marmalade, breadcrumbs and suet in a basin, mix well, stir in the eggs one at a time, add the salt, beat up well for a few minutes, and add the baking powder at the last. If found too stiff a little milk or cream may be added. Put the mixture in a well-buttered pudding basin, cover it with a buttered paper, and steam for three hours or boil for two and a half hours. When done turn out on a hot dish, and serve with a suitable sweet sauce.

HONEY PUDDING.

INGREDIENTS.

$\frac{1}{4}$ lb. honey.	6 oz. fresh breadcrumbs.
1 small lemon.	2 eggs.
$\frac{1}{2}$ teaspoonful ground ginger.	1 oz. butter.
1 gill milk.	1 oz. florador.

METHOD.—Stir in a basin the honey and bread-crumbs. Cook the florador for ten minutes in the

milk, and add it to the above. When well mixed add the rind of half a lemon (finely grated), the ginger, and the yolks of two eggs. Beat up the mixture for some minutes. Butter a plain pudding mould, and add the remainder of butter to the above mixture. Whisk the whites of eggs to a stiff froth, and incorporate gently. Three parts fill the mould with the mixture, and steam from one and a half to one and three-quarter hour. Serve hot with a suitable sauce or syrup.

SOUFFLÉ PUDDING.

INGREDIENTS.

2 oz. <i>cornflour</i> .	2½ oz. <i>castor sugar</i> .
2 oz. <i>fresh butter</i> .	3 <i>eggs</i> .
1 <i>pint milk</i> .	

METHOD.—Beat up the whites of the eggs to a stiff snow, and beat up the yolks with the sugar till thick and foaming. Mix the cornflour with a little of the milk, and pour into a saucepan with the rest of the milk. Add the butter, a pinch of salt, and a flavouring of two or three drops of essence of vanilla or almond, etc. Bring to the boil, stirring well, and boil for three or four minutes. Work in vigorously the yolks of the eggs (beat up with the sugar) and stir till thoroughly mixed. Then mix in lightly the stiff egg whites, and pour the batter into a slightly buttered pie dish. Bake in a moderately heated gas oven for about half an hour, sugar over the top, and serve at once with a sweet sauce to taste.

CARAMEL PUDDING.

INGREDIENTS.

1 <i>pint milk</i> .	2 <i>eggs</i> .	¼ <i>lb. castor sugar</i> .
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METHOD.—Stir the castor sugar in a saucepan with

a few drops of water until it is the colour and consistency of treacle, then pour into a dry mould, turn round and round until it gets completely lined with caramel. Put the milk in a saucepan, and boil five minutes, then add the eggs (well beaten), sugar, and flavouring to taste; pour into the mould, cover with a piece of greased paper, and steam for about thirty minutes until firm; then turn carefully on to a hot dish. No sauce is required, for the caramel in cooking becomes a liquid.

SULTANA PUDDING.

INGREDIENTS.

6 oz. <i>breadcrumbs</i> or $\frac{1}{4}$ lb.	1 oz. <i>sultanas</i> .
<i>flour</i> .	2 oz. <i>suet</i> .
1 <i>tablespoonful</i> <i>milk</i> .	1 oz. <i>sugar</i> .
1 <i>egg</i> .	

METHOD.—Chop the suet, and mix with it the breadcrumbs or flour; add the sugar and sultanas (cleaned), mix well together; moisten with the milk and the egg, beat the mixture well; place in a damp and floured cloth; tie tightly, and boil for rather more than an hour.

APPLE AMBER.

INGREDIENTS.

1 lb. <i>sour cooking apples</i> .	3 oz. <i>loaf sugar</i> .
2 oz. <i>butter</i> .	[<i>namon</i> . 3 <i>whole eggs</i> .
$\frac{1}{2}$ <i>teaspoonful</i> <i>ground cin-</i>	1 <i>lemon</i> .
<i>A few glacé cherries and</i>	<i>Short crust or puff paste</i>
<i>angelica leaves</i> .	<i>trimmings</i> .

METHOD.—Peel the apples, cut them in halves and remove the cores; slice them and put into a stew-

pan with the sugar and butter; peel the lemon thinly, add the rind to the apples, cover the stewpan, and cook slowly in the gas oven until the apples are tender. Remove the lemon rind, and rub the rest through a fine hair sieve. Roll out the paste; stamp out some small rounds about the width of the pie dish edge. Line the edge of the pie dish with a narrow strip of paste, brush over with a little white of egg, and arrange the rounds of paste on same as neatly as possible. Brush over the whole with beaten egg-yolk. Stir the remainder of egg-yolk and one white of egg into the apple purée, add the ground cinnamon and half the lemon juice. Pour this into the pie dish, and bake for about fifteen minutes. Whisk the whites of two eggs to a very stiff snow or froth. Spread this roughly on top of the apple mixture in the pie dish, decorate with halves of glacé cherries and angelica, dredge with castor sugar, and bake in a slack gas oven for another fifteen minutes, or until the top acquires a golden or light brown colour.

CHESTNUT AMBER.

INGREDIENTS.

$\frac{1}{2}$ pint milk.	2 tablespoonfuls chestnut
2 eggs.	2 oz. breadcrumbs. [<i>purée</i> .]
1 small lemon.	1 oz. castor sugar.
Vanilla flavouring.	1 oz. butter.

METHOD.—Boil the milk with the thin rind of half the lemon and pour over the breadcrumbs; take out the lemon rind after a while. Beat the egg-yolks, sugar and butter to a cream, and add to it the chestnut purée. Mix all the ingredients together, add the strained juice of the lemon, and pour into a well-buttered pie dish. Bake till firm and slightly

brown in a moderately heated gas oven; then cover with a meringue, produced with the whites of eggs whisked to a stiff froth and sweetened with sugar. Dredge the top with castor or icing sugar, and return to the gas oven until the meringue is nicely browned. This dish can be served hot or cold.

SOUFFLÉ OF RICE WITH APPLES.

INGREDIENTS.

<i>1 lb. sour cooking apples.</i>	<i>The rind of half a lemon.</i>
<i>$\frac{1}{4}$ lb. loaf sugar.</i>	<i>1 clove.</i>
<i>$\frac{3}{4}$ pint milk.</i>	<i>A 2-in. stick of cinnamon.</i>
<i>1 oz. butter.</i>	<i>2 oz. ground rice.</i>
<i>2 oz. castor sugar.</i>	<i>3 eggs.</i>

METHOD.—Peel, core, slice, and cook the apples with very little water, the loaf sugar, lemon rind, and clove. When done take out the lemon rind and clove, and rub the apples through a sieve. Mix the purée with $\frac{1}{2}$ oz. of sugar, and keep hot. Mix the ground rice with a little cold milk; boil the remainder of the milk with the cinnamon, stir in the mixed rice flour, and cook gently for fifteen minutes; add the remainder of butter and the sugar, mix well, remove the cinnamon, and stir in the yolks of the eggs. Let cool a little. Whisk the whites of eggs to a stiff froth, and mingle carefully with the rice preparation. Fill a well-buttered soufflé dish with alternate layers of rice and apple purée; pile up the last layer, which should consist of rice mixture; sprinkle with castor sugar, and bake in a moderate gas oven for about thirty minutes. Serve hot.

BROWN BREAD PUDDING.

INGREDIENTS.

6 oz. <i>brown breadcrumbs.</i>	$\frac{1}{2}$ pint <i>milk.</i>
3 oz. <i>butter.</i>	3 <i>eggs.</i>
4 oz. <i>sugar.</i>	<i>Grated nutmeg.</i>
2 oz. <i>mixed candied peel.</i>	<i>A pinch of salt.</i>
1 <i>teaspoonful ground cin-</i>	1 <i>glass sherry (if liked).</i>
<i>namon.</i>	

METHOD.—Boil up the milk and pour over the breadcrumbs ; add the cinnamon, candied peel finely chopped or shredded, and a pinch of salt. Work the butter and sugar to a cream, add the eggs one at a time, mix in the soaked breadcrumbs, and add a little grated nutmeg. Put the mixture in a well-buttered mould, cover with a buttered paper, and steam for about two hours. If wine is used it should be added last of all. Unmould the pudding on a hot dish, and serve with fruit syrup or custard sauce. This pudding is equally nice served cold.

SWEET OMELETTE.

INGREDIENTS.

6 <i>eggs.</i>	$1\frac{1}{2}$ oz. <i>butter.</i>
1 <i>tablespoonful castor</i>	<i>A pinch of salt.</i>
<i>sugar.</i>	[<i>milk.</i> 2 <i>tablespoonfuls jam.</i>
1 <i>tablespoonful cream or</i>	

METHOD.—Break the eggs into a basin, add the salt and sugar, beat up well together with the cream or milk ; melt the butter in an omelette pan ; when hot pour in the eggs, etc. ; stir, cook, shape and brown the omelette to a light colour, then put the jam in the centre and fold in the sides. Turn carefully on to a

dish, dust with castor sugar, and send to table immediately. Apricot, raspberry or strawberry jam are best adapted for use with omelettes.

APPLE DUMPLINGS.

INGREDIENTS.

6 apples.	1 oz. currants (cleaned).
Moist sugar.	$\frac{3}{4}$ lb. puff paste.

METHOD.—Peel and core the apples, fill the centre with currants. Roll out some puff paste, cut out some squares large enough to cover an apple, wet the edges with a brush and water, place an apple in the centre of each piece, and cover in each with the paste. Place them on a baking sheet, and bake in a moderate gas oven from fifteen to twenty minutes; when nearly done brush over each with beaten egg or water, sprinkle with moist sugar, and return to the gas oven quickly. Dish up, and serve hot or cold.

PANCAKES.

INGREDIENTS.

$\frac{1}{4}$ lb. flour.	2 eggs.
$\frac{1}{2}$ pint milk.	Castor sugar.
A pinch of salt.	1 oz. butter or lard.
$\frac{1}{2}$ a lemon.	

METHOD.—Sift the flour into a basin, beat up the eggs well and mix with the flour; stir in the milk, add a teaspoonful of sugar and a pinch of salt; beat the mixture until quite smooth. Let the batter stand for half an hour. Put a clean frying pan on the gas stove; when hot put in a little butter or lard; as soon as hot put in enough batter to cover thinly the bottom

of the pan. Let it get brown on one side, then toss it over, and brown the other side. Keep the edges of the pancake free from the pan. When done turn out on to a clean cloth or paper, and proceed in this manner until the batter is used up. Dust each with a little sugar, squeeze a few drops of lemon juice over, roll up, dish up, stand in a hot oven for a moment, and serve.

BREAD AND BUTTER PUDDING.

INGREDIENTS.

6 thin slices of bread and	1 pint milk.
1 oz. currants. [butter.	2 eggs.
Vanilla-essence or grated	1 tablespoonful sugar.
nutmeg.	

METHOD.—Butter a pie dish, put in the slices of bread and butter in layers with currants between; sweeten the milk with sugar, add a few drops of vanilla essence or a little grated nutmeg, stir in the eggs, previously well beaten, pour over the bread, etc., and bake in a moderate gas oven for about half an hour.

PINEAPPLE FRITTERS.

INGREDIENTS.

6 round slices preserved	Clarified butter or beef
pineapple, $\frac{1}{4}$ in. thick.	suet.
$\frac{1}{2}$ pint crème pâtissière	Vanilla sugar.
(confectioner's custard).	1 small glass kirsch-
Frying batter.	wasser.

METHOD.—Cut the centre of each slice of pineapple with a round cutter. Divide each slice in two. Put them on a plate, and pour over the kirschwasser, or

if preferred maraschino can be used in place of the former. When the pieces have been immersed for ten minutes take them up and drain on a sieve, cover each with *pâtissière crème* or confectioner's custard. Let this set well, then dip each in some specially prepared light batter, and fry in hot fat a golden colour. Drain, dredge with vanilla sugar, dish up and serve. A boat of pineapple syrup, heated and flavoured with kirsch or maraschino, should be handed round with the fritters.

FRYING BATTER FOR FRITTERS.

INGREDIENTS.

2 oz. flour (<i>sifted</i>).	$\frac{1}{2}$ oz. butter (<i>melted</i>).
2 tablespoonfuls cream.	A pinch of salt.
1 teaspoonful castor sugar.	1 whole and 1 yoke of egg.

METHOD.—Put the flour into a basin, add the salt and sugar, stir in the cream and the yolks of eggs; beat well for some minutes; then add the melted butter. Let the batter stand for some time. When it is required whisk the white of egg to a stiff froth, and stir carefully into the batter.

CRÊME PÂTISSIÈRE (CONFECTIONER'S CUSTARD).

INGREDIENTS.

$\frac{1}{2}$ pint milk.	4 oz. sugar.
4 yolks of eggs.	$\frac{1}{2}$ oz. potato flour.
3 sheets French gelatine.	Flavouring essence.

METHOD.—Boil the milk, add the sugar and flavouring. Beat the yolks of eggs with the potato flour, pour the hot milk gradually on to this, and stir

over a slow gas burner until it begins to thicken. Dissolve the gelatine and mix with the above, strain through a fine sieve, let cool, and use as directed.

APRICOT FRITTERS.

INGREDIENTS.

8 <i>apricots.</i>	$\frac{1}{2}$ <i>pint syrup.</i>
1 <i>quart yeast batter.</i>	<i>Frying fat.</i>
<i>Castor sugar.</i>	<i>Ground cinnamon.</i>

METHOD.—Cut the apricots in halves and stone them, cook them in the syrup until tender, cool, and drain on a sieve. Cover the fruit with yeast batter, and place them on to buttered strips of paper, let them stand for half an hour in a warm place, then drop them into plenty of boiling fat. Fry to a golden colour, take up, drain on a cloth or paper, sprinkle with powdered sugar mixed with finely ground cinnamon, and serve on a dish covered with a folded napkin.

YEAST BATTER FOR APRICOT FRITTERS.

Dilute $\frac{1}{4}$ oz. of compressed yeast with a little tepid milk; work in 2 oz. of flour, and make a light dough. Let it rise in a warm place. When sufficiently risen add 6 oz. of sifted flour, $1\frac{1}{2}$ oz. melted butter, a pinch of salt, a pinch of sugar, and enough milk to form a smooth paste; beat up well, and put again into a warm place to rise. Cover the halves of apricots completely with the batter, place them on a buttered paper, and proceed as directed.

WINE JELLY.

INGREDIENTS.

2 quarts water.	6 oz. best gelatine.
$\frac{3}{4}$ pint white or sherry wine.	1 oz. coriander seed.
2 oranges.	$\frac{1}{2}$ lb. loaf sugar.
3 lemons.	3 whites of eggs.

METHOD.—Put the water, loaf sugar, and rinds of the oranges and lemons very thinly peeled into a stew-pan, and allow it to boil up; now add the juice of the fruit, wine, and coriander seed; allow the syrup to cool a little; whisk the whites and shells of eggs, and stir into the syrup; then add the gelatine, which has been already soaked in cold water and well strained, and stir over the gas until it boils; turn down gas jets, and allow it to simmer until the gelatine is melted; then pass through a jelly bag or fine cloth (previously rinsed in boiling water); strain two or three times until quite clear; pour into moulds, and set to cool. When set immerse in tepid water, turn out on a dish, and serve.

BANANA BLANC MANGE.

INGREDIENTS.

1 quart milk.	2 oz. cornflour.
2 bananas. [essence.	2 oz. sugar.
$\frac{1}{2}$ teaspoonful vanilla	2 yolks of eggs.

METHOD.—Boil up the milk, add the sugar; wet the cornflour with a little cold milk, and stir into the boiling milk; stir over the gas until it thickens; add the yolks of eggs and flavouring essence. Let the eggs bind, and set aside to cool. Peel the bananas and cut into thin slices; mix with the above, and fill into one or two wetted moulds; put on to the ice to set.

When ready immerse the moulds in tepid water, turn out on a dish, and serve with a cold fruit syrup.

VANILLA BLANC MANGE.

INGREDIENTS.

$\frac{1}{2}$ pint milk.	4 oz. loaf sugar.
$\frac{1}{2}$ pint cream.	1 oz. French gelatine.
2-in. vanilla pod.	4 yolks of eggs.

METHOD.—Put the sugar, milk and vanilla into a stewpan, and bring slowly to the boil. Stir the yolks of eggs, pour on the milk, etc., when boiling. Mix well, and return to the stewpan; stir over the gas burner until it thickens; then take out the vanilla, and pass through a pointed strainer or fine sieve. Dissolve the gelatine in half a pint of water, strain it into the above mixture, let it cool a little, and add the cream previously whipped. Fill up a mould, place it in a basin surrounded with crushed ice. When thoroughly set immerse in tepid water, turn out on to a dish with folded napkin, and serve.

N.B.—Wipe the vanilla pod, and put away for further use. More sugar may be added if liked.

TAPIOCA CREAM.

INGREDIENTS.

$1\frac{1}{2}$ oz. tapioca (crushed).	1 quart milk.
1 bayleaf.	$\frac{1}{4}$ gill cream.
The thin rind of $\frac{1}{2}$ lemon.	2 oz. sugar. [jelly.
4 yolks of eggs.	$\frac{1}{2}$ small pot red currant

METHOD.—Put the milk, bayleaf, lemon rind and sugar in a stewpan, let it come to the boil, then stir in the tapioca and allow to cook very gently for about half an hour. Remove the bayleaf and lemon rind; allow to cook a little; whip the cream, and add it

carefully. Dilute the red currant jelly with a little wine jelly; put a layer of this at the bottom of a border mould, place it on the ice to set, then fill up with the cream as above prepared. Allow it to set in a cool place. Unmould, fill the centre of the border with fruit compôte, and serve.

MACAROON TRIFLE.

INGREDIENTS.

12 or 14 macaroons.	1 gill sherry.
6 ratafias.	3 oz. preserved fruits (cherries, apricots, etc.).
$\frac{1}{4}$ lb. pistachios.	$\frac{1}{2}$ pint custard ($1\frac{1}{2}$ gills milk, 2 eggs.)
1 gill whipped cream.	
1 oz. castor sugar.	

METHOD.—Make the custard by bringing the milk to the boil, and pouring it gradually on to the eggs beaten up with the sugar. Place the macaroons (whole) and the ratafias (crumbled) in a deep dish; pour the sherry over them. When soaked cover them with the custard, which must be cold and thickened. Decorate the trifle with the preserved fruits. Whip the cream, and heap it in the centre of the dish, sprinkling it with the pistachios, previously blanched and chopped.

BORDER OF FRUIT.

INGREDIENTS.

2 eggs.	The weight of 2 eggs in sugar.
2 bananas.	$\frac{1}{4}$ pint water.
1 orange.	$\frac{1}{2}$ lb. loaf sugar.
$\frac{1}{4}$ lb. grapes.	$\frac{1}{2}$ gill brandy and maras- chino mixed.
1 oz. preserved cherries.	Juice of lemon.
2 oz. strawberries.	A few pistachios.
$\frac{1}{2}$ pint whipped cream.	
The weight of 2 eggs in flour.	

METHOD.—Whisk the eggs and sugar to a frothy consistency ; sprinkle the flour in lightly ; bake in a quick gas oven, in greased border mould, for about ten minutes. When cooked turn on to a sieve to cool. Boil the sugar and water for about ten minutes until a thick syrup is obtained ; flavour this with lemon juice and the liqueurs. Prepare the fruit and put it into the syrup. Soak the border of cake with syrup, pile up the fruit, and force whipped cream round the edge of the border and on the fruit daintily by means of a bag and rose pipe. Any fruit may be used, such as raspberries and red currants. The liqueurs also may be varied. Decorate the dish with blanched pistachios and a few preserved cherries.

FRUIT SALAD.

This delicious and ever-welcome dish is made by slicing various kinds of fruit, fresh or preserved, such as peaches, apricots, bananas, pineapple, orange, etc. Arrange the fruit in layers in a salad bowl or deep glass dish, sprinkle each layer of fruit with castor sugar, and pour over quarter to half pint of sherry or madeira wine, according to the quantity of fruit used, also a small quantity of plain syrup. Place the bowl on the ice for about two hours. Just before serving add a small glass of liqueur, such as kirschwasser, curaçoa, benedictine, or chartreuse. This is a most refreshing dish, suitable at all seasons of the year, but more especially for hot summer days.

COBOURG TRIFLE.

Cut half a dozen sponge cakes into slices, spread them with raspberry or apricot jam, and place them together like sandwiches. Arrange them neatly in a glass dish, pour over one glass of good sherry or

marsala wine, and let them soak for about ten minutes. Cover the whole with macaroons, which should be arranged in the form of a pyramid; pour over a gill of rich custard, and garnish with halves of glacé cherries. Whisk half pint of cream till stiff, cover the whole with it by means of a forcing bag, decorate tastefully with peeled and shredded sweet almonds, angelica, and cherries. The dish is then ready for serving.

DIPLOMATE PUDDING.

INGREDIENTS.

1 <i>pint milk.</i>	8 <i>yolks of eggs.</i>
8 <i>oz. castor sugar.</i>	8 <i>sheets French leaf gelatine.</i>
1 <i>glass kirschwasser.</i>	2 or 3 <i>oz. glacé or crystallized</i>
<i>Finger or savoy biscuits.</i>	<i>fruit (cherries, pears and</i>
$\frac{1}{2}$ <i>pint cream.</i>	<i>apricots).</i>

METHOD.—Soak the gelatine in cold water. Boil up a pint of milk; add this gradually to the egg-yolks, stirring all the while; add the sugar, return it over the gas burner and cook for a few minutes; add the gelatine, and strain all into a basin. When nearly cold mix in half pint whipped cream and the fruit, cut into small dice, also the kirsch for flavouring. Pour this into a mould, previously garnished with layers of finger or savoy biscuits. When ready for table, turn out the mould on to a dish, garnish with whipped cream and glacé fruit, and serve with cold vanilla cream or custard.

COLD APRICOT PUDDING.

INGREDIENTS.

1 <i>gill apricot pulp.</i>	1 $\frac{1}{2}$ <i>gill milk or cream.</i>
$\frac{3}{4}$ <i>oz. gelatine.</i>	2 <i>yolks of eggs.</i>
2 <i>oz. castor sugar.</i>	1 <i>oz. chopped almonds.</i>
<i>A few drops cochineal.</i>	1 <i>dessertspoonful lemon juice.</i>

METHOD.—Soak the gelatine in a little water. Boil up the milk. Beat the yolks of eggs in a basin with the sugar, stir in the boiling milk, return to the stewpan over the gas burner, and stir till it thickens (it must not boil); pour back into the basin, add the gelatine and let dissolve; then add the apricot pulp, chopped almonds and lemon juice; strain into another basin. When nearly cold, and well stirred, fill up into one large or several small moulds. Turn out and serve when quite set. The moulds may be decorated with jelly and fruit before they are filled with the above preparation.

GOOSEBERRY FOOL.

INGREDIENTS.

1 quart unripe gooseberries. $\frac{1}{4}$ lb. loaf sugar.
1 pint cream.

METHOD.—Remove the stalks from the gooseberries, put the fruit into a clean stewpan with the sugar, add about half a pint of water, and let the fruit boil gently for half an hour. Rub through a fine sieve, and keep the pulp obtained on the ice. Add a little more sugar if needed. Whip the cream, and mix with the fruit pulp a few minutes before serving. Fill up some little ice glasses, or serve in a glass or silver dish. Hand round some fancy biscuits or sponge fingers at the same time. If liked the mixture can be partly frozen.

COCOANUT JUNKET.

INGREDIENTS.

1 quart milk.	1 to 1½ oz. desiccated cocoa-	
1 saltspoonful rennet or	2 oz. sugar.	[nut.
curd producer.	1 small glass rum.	

METHOD.—Use new milk, add the cocoanut, and

place in a warm gas oven for about half an hour ; add sugar. Strain, and add the rennet or curd powder whilst warm. When cold stir in the rum, and if liked sprinkle over with a handful of baked cocoanut chips.

CHRISTMAS OR PLUM PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. breadcrumbs (soft crumbs).	6 eggs.
$\frac{1}{2}$ lb. breadcrumbs (made from crust browned in the oven).	$\frac{1}{4}$ lb. flour.
1 oz. ground almonds.	1 lb. beef suet (free from skin and chopped finely).
$\frac{1}{2}$ lb. stoned raisins.	$\frac{1}{2}$ lb. moist sugar.
1 lb. currants (washed, picked and dried).	$\frac{1}{2}$ lb. sultanas (cleaned).
1 oz. mixed spice.	$\frac{1}{4}$ lb. mixed peel (cut into shreds).
The thin rind of a lemon and an orange, finely chopped, and the juice of both strained.	$\frac{1}{2}$ teaspoonful salt.
	$\frac{1}{2}$ teaspoonful ground ginger.
	A glass of brandy or rum.
	$\frac{1}{2}$ gill ale.
	$\frac{1}{2}$ gill milk.

METHOD.—Put all the dry ingredients into a large basin and mix them thoroughly ; add the lemon and orange juice, the brandy or rum, and the ale. Mix again and cover. Let it stand for six hours, then add the eggs and the milk ; stir all well together. Butter two or three pudding basins or pudding moulds, three parts fill them with the mixture, cover them with buttered and floured cloths, and tie them up with string. Boil them from seven to eight hours, according to the size of the puddings. When done untie the mould, turn out on a hot dish, sprinkle over with castor sugar, pour some brandy or rum round

the base of the dish, light it, and send to table quickly. A hot fruit syrup or sweet melted butter sauce may be served with the pudding in place of brandy or rum.

MINCE MEAT.

INGREDIENTS.

$\frac{1}{2}$ lb. apples.	6 oz. raisins.
6 oz. sugar.	6 oz. currants.
$\frac{1}{4}$ lb. figs.	$\frac{1}{4}$ lb. suet.
$\frac{1}{2}$ oz. ground ginger.	$\frac{1}{2}$ oz. mixed spice.
<i>Rind and juice of 1 lemon.</i>	

METHOD.—Peel, core, and chop the apples into small pieces, mince the figs, stone and chop the raisins and clean the currants. Mix all the ingredients together and keep in a covered jar. This will make rather more than 2 lb.

MINCE PIES.

Roll out French puff or rough puff pastry $\frac{1}{8}$ inch thick, stamp into rounds and line some small tins; place in each a teaspoonful of mincemeat; roll out more of the pastry rather thicker than the first lot, stamp into rounds the size of the tops of the tins, wet edges, and cover the pies, brush over with milk or water, sprinkle with castor sugar, and bake about twenty minutes in a hot gas oven.

ALMOND CHEESE CAKES.

Roll out some puff paste or rough puff paste about $\frac{1}{4}$ in. thick; stamp out by means of a fluted paste cutter as many rounds as may be required, and line with these some deep patty or tartlet pans. Prick the bottoms of the paste with a fork to prevent

blistering in baking, and fill with cheese cake mixture. Bake in a moderately heated gas oven from twenty to twenty-five minutes, cover the surface whilst the cakes are still hot with transparent icing, and sprinkle over with finely shredded almonds or desiccated cocoanut.

CHEESE CAKE MIXTURE.

INGREDIENTS.

4 oz. <i>castor sugar.</i>	2 <i>eggs.</i>
4 oz. <i>fresh butter.</i>	2 oz. <i>ground almonds.</i>
6 oz. <i>broken finger biscuits</i> or <i>sponge cakes.</i>	$\frac{1}{2}$ <i>teaspoonful vanilla</i> <i>essence.</i>

METHOD.—Cream the butter and sugar, add gradually the two eggs, and work well with a wooden spoon. Rub the biscuits or cakes through a wire sieve, and add to the mixture, stir again, and work in the ground almonds and flavouring essence. A little milk and more cake crumbs may be added if liked.

TRANSPARENT ICING.

Put $\frac{1}{2}$ lb. or more of icing sugar into a copper sugar pan; add a few drops of lemon juice and about a teaspoonful of hot water, stir over the gas until it comes to the boil, and use as required. Almost any kind of flavouring essence and some vegetable colour may be added according to taste. These should, however, be worked in at the last.

LIGHT PASTE FOR RISSOLES, TARTLETS, PATTIES, TART CRUST, ETC.

Paste made in the following manner will be found to make light and good pastry; although not quite so

rich as puff paste, it will be found more serviceable for the above and many other purposes:

Sift $\frac{3}{4}$ lb. flour into a basin; rub in with the finger tips 6 oz. of best Dorset butter; work it thus until it resembles wholemeal flour; add a pinch of salt and half a teaspoonful of good baking powder. Make a well in the centre of the mixture, and moisten with sufficient water to make it into a fairly stiff paste. The water must be added carefully, for the paste to be successful must neither be too moist nor too stiff. Sprinkle the paste-board and rolling-pin with flour. Roll the paste out, fold it neatly, and set aside in a cool place till wanted.

FRENCH PUFF PASTE.

INGREDIENTS.

$\frac{1}{2}$ lb. flour.	<i>Cold water.</i>
$\frac{1}{2}$ lb. butter.	<i>1 teaspoonful lemon juice.</i>
<i>A pinch of salt.</i>	

METHOD.—Sift the flour on to a board, make a well in the centre, mix it into a paste with a tiny piece of butter, salt, lemon juice and water. Roll out into a long strip. Put the remainder of the butter into a cloth, knead a little so as to squeeze out the moisture, and form it into a flat cake. Place the butter in the centre of the paste, wet the edges, and fold over so as to completely enclose the butter. Roll out, fold in three, and roll out into an oblong shape again; continue this four or five times, setting the paste aside in a cool place for twenty minutes between each turn. Before using it should be allowed to stand for a least half an hour.

HOME-MADE BREAD.

INGREDIENTS.

1 <i>quartern flour.</i>	$\frac{1}{2}$ <i>pint milk.</i>
$\frac{3}{4}$ <i>oz. German yeast.</i>	$\frac{1}{2}$ <i>pint water.</i>
1 <i>teaspoonful salt.</i>	1 <i>teaspoonful moist sugar.</i>

METHOD.—Dry the flour, sift it into a basin, make a well in the middle of it; add the sugar and yeast and salt, stir in gradually the milk and water, previously warmed a little; mix a little flour from the sides and work into a smooth paste. Cover it with a cloth, and allow to stand in a warm place for about twenty minutes; when it has well risen, which will be seen when the surface is covered with bubbles, work in the rest of the flour with your hand, and knead well for ten minutes; place it again in a warm place and allow to stand for an hour and a half. Then take up the dough, put it on a floured board, shape into loaves or place into floured tins, cut or prick the surface, and bake from one hour and a half to two hours, according to size of loaves.

NOTE.—If equal quantities of meal and flour are used an excellent brown bread will be obtained.

BROWN BREAD.

INGREDIENTS.

1 <i>lb. wholemeal.</i>	$\frac{1}{2}$ <i>oz. yeast (dried).</i>
$\frac{1}{2}$ <i>pint milk or water (tepid).</i>	$\frac{1}{2}$ <i>teaspoonful brown</i>
$\frac{1}{2}$ <i>teaspoonful salt.</i>	<i>sugar.</i>

METHOD.—Mix the yeast and sugar with a little tepid liquid. Dry the flour at the mouth of the gas oven and put into a basin, make a well in the centre, put in the mixed yeast and the salt, pour in gradually the milk or water, and mix well together to a smooth

dough, beat well, cover, and set to rise in a warm place for about three-quarters of an hour. Grease a bread tin, knead the dough, and shape into a loaf, put it in the prepared tin, prick the top, and put to rise again from fifteen to twenty minutes. Bake in a steady gas oven for about forty-five minutes.

MILK ROLLS.

INGREDIENTS.

$\frac{1}{4}$ lb. <i>flour</i> .	2 oz. <i>butter</i> .
$\frac{1}{4}$ lb. <i>cornflour</i> .	1 <i>teaspoonful</i> <i>baking</i>
$\frac{1}{4}$ pint <i>milk</i> .	<i>powder</i> .

METHOD.—Mix the flour and cornflour in a basin, rub in the butter, add the baking powder and a tiny pinch of salt, moisten with the milk (which must be added gradually), work into a dough, and shape into small rolls by dividing the dough and rolling each portion on a floured board. Place them on a baking tin and bake in a moderately heated oven for about twenty minutes.

SCONES.

INGREDIENTS.

$\frac{1}{2}$ lb. <i>flour</i> .	$\frac{1}{2}$ <i>teaspoonful</i> <i>cream</i> <i>of</i>
1 oz. <i>castor sugar</i> .	<i>tartar</i> .
2 oz. <i>currants</i> <i>or</i> <i>sultanas</i> .	$\frac{1}{4}$ <i>teaspoonful</i> <i>carbonate</i>
1 gill <i>milk</i> .	<i>of</i> <i>soda</i> .
2 oz. <i>butter</i> <i>or</i> <i>fat</i> .	<i>A</i> <i>pinch</i> <i>of</i> <i>salt</i> .

METHOD.—Dry and sift the flour, rub the butter or fat into the flour; mix the cream of tartar and baking powder with the sugar, and add to the flour; then add the currants (well cleaned), stir in the milk, and

work to a stiff paste. Divide it into small rounds, flatten with the palm of your hand on a floured board, place them on a buttered baking tin, mark each crossways with the back of a knife, and bake for about half an hour. When three parts done, brush over with sweetened milk to give them colour, and finish baking.

SWISS ROLL.

INGREDIENTS.

3 oz. <i>flour</i> .	2 <i>eggs</i> .	[<i>powder</i> .
2 oz. <i>castor sugar</i> .	$\frac{1}{2}$ <i>teaspoonful</i>	<i>baking</i>
1 <i>tablespoonful milk</i> .	3 <i>drops vanilla or almond</i>	
$1\frac{1}{2}$ oz. <i>butter or dripping</i> .	<i>Some jam</i> .	[<i>essence</i> .

METHOD.—Sift the flour on a paper, put into a basin the butter and sugar, and work to a cream; when light work in the eggs and half the flour (mix the eggs one at a time); last of all add the milk, baking powder, and the remainder of the flour. Spread on to a buttered paper placed on a baking sheet, and bake slowly about ten minutes; then turn quickly on to a board, spread with jam (made warm), roll it up, and dredge with castor sugar. The cake must be rolled whilst it is hot.

GÂTEAU AU CHOCOLAT (CHOCOLATE CAKE).

INGREDIENTS.

$\frac{1}{4}$ lb. <i>fresh butter</i> .	$\frac{1}{4}$ lb. <i>castor sugar</i> .
$\frac{1}{4}$ lb. <i>grated chocolate</i> .	$\frac{1}{4}$ lb. <i>Vienna flour (sifted)</i> .
4 <i>eggs</i> .	[<i>essence</i> . 1 oz. <i>ground rice</i> .
$\frac{1}{2}$ <i>teaspoonful vanilla</i>	<i>Chocolate icing</i> .

METHOD.—Beat the butter and sugar to a cream,

add the grated chocolate, and work in the eggs one at a time; now add the flour and ground rice, and lastly the vanilla flavouring. Beat the mixture for at least ten minutes, longer if possible. Fill a well-buttered gâteau mould, and bake for about three-quarters of an hour in a moderately heated gas oven. When done turn out on to a sieve and let cool, cover with chocolate icing, and decorate to taste with glaze royale. The same mixture put into a buttered pudding mould and steamed for one and a half hour will make a very delicious pudding.

CHOCOLATE ICING.

Put 4 oz. of chocolate on a plate in the gas oven until soft, then put it in a stewpan with $\frac{1}{2}$ lb. of icing sugar, moisten with $\frac{1}{2}$ gill of water, stir over the gas till quite hot and smooth. This mixture must be very hot, but should not be allowed to boil.

LEMON GÂTEAU.

INGREDIENTS.

6 oz. <i>flour</i> .	3 <i>eggs</i> .
6 oz. <i>castor sugar</i> .	1 oz. <i>glacé lemon peel</i> .
$\frac{1}{2}$ <i>lemon</i> .	1 oz. <i>desiccated cocoanut</i> .
<i>Fondant icing</i> .	

METHOD.—Beat up the eggs and add to the sugar. Work to a stiff cream, add the lemon juice, and stir in the flour. Line a flour ring (pastry rim) with buttered paper, and put on to a baking sheet. Put half the mixture into it, chop the lemon peel and half the rind of the lemon finely, and mix with the cocoanut; spread this lightly over the mixture. Cover the fruit with the remainder of the preparation. Bake in a

moderate gas oven. When cold cover completely with fondant icing, slightly tinted with powdered saffron. Ornament the top with fancifully cut slices of lemon peel.

COCOANUT DROPS.

INGREDIENTS.

$\frac{1}{2}$ lb. desiccated cocoanut.	The white of 3 eggs.
4 oz. castor sugar.	$1\frac{1}{2}$ oz. potato flour or
Wafer paper or rice paper.	ground rice.

METHOD.—Beat up the whites of eggs to a stiff froth. Thoroughly mix the sugar, cocoanut, and potato flour; stir into the whites; mix carefully with a wooden spoon. Drop the mixture in little heaps, about half an inch apart, on wafer or rice paper laid on to a baking sheet. Bake in a very slow gas oven.

This mixture may also be laid out for baking by means of a biscuit or forcing bag, but if only a small quantity is required this mode of dressing is not advisable.

COCOANUT FINGER BISCUITS.

INGREDIENTS.

4 oz. castor sugar.	6 oz. flour.
4 oz. butter.	2 oz. cornflour.
3 eggs.	3 oz. desiccated cocoanut.
A little milk.	

METHOD.—Rub the butter and flour together until very fine, add the cornflour, sugar, and 2 oz. of the cocoanut. Mix thoroughly, make a well in the centre, beat up the eggs and add them, work into a smooth dough; roll out about an eighth of an inch

thick, cut or stamp out some oblong biscuit shapes or fingers, place them on a buttered baking sheet, brush over with a little sweetened milk and egg, sprinkle some cocoanut over the top of each. Bake in a moderately heated gas oven for about twenty minutes.

N.B.—If the paste is found too stiff a little milk may be added.

HOT CROSS BUNS.

INGREDIENTS.

1 quart milk.	3½ lb. flour.
10 oz. sugar.	1½ oz. German yeast.
2 eggs.	½ oz. mixed spice.
1 lb. currants (cleaned).	¾ lb. butter.

METHOD.—Warm the milk, put the yeast and half the sugar into a large pan, and moisten with a little tepid milk; sift about 6 oz. of flour and add to this; add the sugar and the rest of the milk. Beat up the eggs and mix well together, then cover the pan and stand in a warm place for about an hour. When it has risen and become frothy work up again, and add the yeast, the rest of the sugar, and the spice; and then knead in the flour, into which the butter has been previously rubbed (incorporated). Make it into a nice dough, and add a little more flour if necessary. Cover the pan again, and set it in a warm place until the dough has risen. This will take about an hour and a half. Shape the dough into small bowls, place them on a greased and floured baking sheet, previously warmed. Place the buns three inches apart, let them prove for a time, and then make a X with the point of a knife. Brush over the top with sweetened milk, and let them finish proving. When sufficiently risen bake in a hot gas oven, and brush

over again with sweetened milk as they come out of the oven.

SCOTCH SCONES.

INGREDIENTS.

12 oz. <i>best flour.</i>	$\frac{1}{2}$ <i>teaspoonful carbonate of</i>
2 oz. <i>fine oatmeal.</i>	<i>soda.</i>
$\frac{3}{4}$ <i>gill milk.</i>	1 <i>teaspoonful cream of</i>
1 <i>egg.</i>	<i>tartar.</i>
<i>A saltspoonful salt.</i>	2 oz. <i>sugar.</i>
1 oz. <i>ground rice.</i>	2 oz. <i>butter.</i>

METHOD.—Dry the flour, sift it into a basin, add the salt, and rub in the butter with the oatmeal and ground rice; now add the sugar, soda, and cream of tartar; mix with the egg and milk, and work quickly into a stiff dough. Make up into three-cornered shapes, place them on a greased baking-tin, and bake in a quick gas oven for half an hour. When half done brush over with yolk of egg diluted with a little milk, return to the oven, and bake till a nice golden colour.

MUFFINS.

INGREDIENTS.

1 <i>lb. best flour.</i>	$\frac{3}{4}$ <i>oz. German yeast.</i>
$\frac{1}{2}$ <i>teaspoonful salt.</i>	<i>About 1 pint water.</i>

METHOD.—Put the flour into a basin, and mix in the salt. Put the yeast into a cup, and moisten with a little lukewarm water; stir it up, and let it stand for ten minutes, then pour it gradually into the flour; add the remainder of water, and mix it well; it should be like rather a stiff batter. Cover the basin with a cloth, and stand it in a warm place for two hours. After that time flour a board, break the paste into

small pieces half the size of a muffin, put them on the board, and press or roll them into shape; then lay them on a floured baking sheet, and let them rise for half an hour before baking. They must be baked on top of a gas hot plate or stove for seven or eight minutes (not in the oven). For serving they should be toasted and buttered.

CRUMPETS.

INGREDIENTS.

1 lb. best flour.	2 tablespoonfuls brewer's
$\frac{1}{2}$ teaspoonful salt.	yeast or $\frac{3}{4}$ oz. German
About $1\frac{1}{4}$ pint lukewarm	yeast.
water.	

METHOD.—Put the flour in a large basin and mix in the salt. Put the yeast in a jug with the lukewarm water, stir it up and let it stand for ten minutes, then pour it gently on to the flour, but do not disturb the sediment at the bottom of the jug. Mix it well until it is a stiff batter, about the same consistency as for Yorkshire pudding, cover the basin with a cloth, and stand it aside in a warm place, or in some warm water, to rise for two hours. Place the rings (made for the purpose) on to the gas hot plate or stove for baking, and pour the batter gently into the rings (without disturbing the bottom of the batter), and bake them. They must be watched, and when the top of the batter is covered with small bladders turn the rings carefully to the other side with a palette knife, when they will soon be done. They will take about ten minutes to bake. For serving they should be toasted and buttered.

N.B.—Crumpets should be baked on a hot plate heated by gas, not in the oven, and it is necessary to bake them in rings, or the batter will not keep in shape.

BREAKFAST DISHES & SAVOURIES.



TEA.

PROPORTION.—One teaspoonful of tea to each person.

Scald out the teapot, and put in the tea, using one teaspoonful for each person and a teaspoonful over. Have a kettle of water on the gas stove, and watch it come to the boil. Pour the *boiling* water, allowing about one cupful to each teaspoonful of tea, on the teapot. Put the lid on the teapot, and let it stand for three or four minutes. The tea should then be immediately served, as if left to stand too long the tannin in the tea becomes developed; this renders the tea a dark colour, and is considered hurtful.

COFFEE.

PROPORTION.—One tablespoonful of ground coffee to each cupful.

Use the coffee mixed in proportions of one-third of mocha and two-thirds of java. It is far better to purchase the whole berries freshly roasted, and grind it as required. Put the ground coffee in a coffeepot; one that has a strainer is best, or failing this a muslin bag will answer the purpose. Pour the required quantity of *boiling* water, which is half pint to every heaped-up tablespoonful of coffee, on the coffee; cover well, and let it stand on the gas stove with gasjets turned down very low for a few minutes. During that time pour out the liquid, and pour it

back over the coffee once or twice, until it becomes quite clear. The coffee is then ready, and should be served with hot milk. There should be the same quantity of milk as coffee.

TO BOIL AN EGG.

Put sufficient water to cover one or more eggs into a saucepan, bring the water to a boil, then slip the egg in gently, put the lid on the saucepan, and allow it to stand on the gas stove with the gas jets turned down very low for five minutes. If a soft boiled egg is required the water must not on any account be allowed to boil again. Eggs cooked in this manner will be found to be just perfectly cooked to a turn. Eggs are often found to be cracked because they are put into the pan too suddenly.

BUTTERED EGGS.

INGREDIENTS.

3 eggs.	1½ oz. butter.
1 tablespoonful milk.	Salt and pepper.
Buttered toast.	

METHOD.—Break the eggs into a basin, add sufficient salt and pepper to taste; beat up with a fork so as to thoroughly mix the whites with the yolks, put the butter into a small stewpan, add the eggs and milk, stir over the gas until the mixture begins to thicken and is hot through (it must on no account be allowed to boil). Have ready a slice of hot buttered toast, put this on a hot dish or plate. Put the egg mixture on to this, garnish with a few sprigs of parsley, or sprinkle over with chopped parsley, and serve quickly.

HOMINY WITH CHEESE.

INGREDIENTS.

$\frac{1}{2}$ pint milk.	1 gill water.
2 oz. cheese (grated).	1 oz. butter.
2 tablespoonfuls hominy.	Salt and pepper.

METHOD.—Put the milk and water into a stewpan, boil up, add the butter, and stir the hominy in gently. Cook whilst stirring over the gas for a few minutes, add half the cheese, season with pepper and salt, mix well, and turn out on to a buttered dish. Sprinkle the remainder of cheese and a few breadcrumbs on top, brown in the gas oven, and serve. A little made mustard may be mixed with the hominy if liked. Semolina or florador can be cooked in the same manner.

STUFFED EGGS, TARTARE SAUCE.

INGREDIENTS.

4 hard-boiled eggs.	2 teaspoonfuls anchovy
$\frac{1}{2}$ oz. butter.	essence.
2 raw yolks.	$\frac{1}{2}$ teaspoonful Worcester
1 teaspoonful tarragon	1 gill salad oil. [sauce.
vinegar.	1 teaspoonful chopped
1 teaspoonful chilli vinegar.	gherkins.
$\frac{1}{2}$ teaspoonful malt vinegar.	1 teaspoonful chopped
Round fried croûtons.	Seasoning. [capers.

METHOD.—Mix the yolks with the butter, anchovy, Worcester sauce, and season the mixture carefully. Replace the mixture in the halves of the eggs, and make them stand by cutting off a little from the bottom to make them flat. Stand each half egg on a croûton, and pour a spoonful of tartare sauce over each. Serve with salad arranged round.

BROILED KIDNEYS AND BACON.

Skin four or six sheep's kidneys, split them, but do not separate them, run a skewer through every two or three, season with salt and pepper, dip them in oiled butter, turn up gas jets and broil over gas, allowing about four minutes for each side. Fry some thin slices of streaky bacon, allowing two for each kidney. Range the bacon on a hot dish, place the kidneys in the centre, put a little maître d'hôtel butter in the centre of each kidney, and send to table. The kidneys may be served on little squares or rounds of toasted and buttered bread.

TOMATO SAVOURY.

INGREDIENTS.

3 ripe tomatoes.	3 hard-boiled eggs.
24 fillets of anchovy.	12 rounds of brown bread.
3 oz. butter.	Chopped parsley.

METHOD.—Scald the tomatoes and remove the skin. Cut them into round slices. Place each slice on to neatly cut pieces of brown bread, cut out with a pastry cutter, and spread thickly with butter. Put a slice of hard-boiled egg on to the tomato, and cross two fillets of anchovy over each one. Sprinkle a little chopped parsley on the top, and serve as a cold savoury. Sufficient to make twelve.

CHEESE BISCUITS.

INGREDIENTS.

$\frac{1}{2}$ lb. flour (sifted).	6 oz. butter.
$\frac{1}{4}$ lb. butter.	6 oz. grated parmesan or
1 yolk of egg. [pepper.	gruyère cheese.
$\frac{1}{4}$ teaspoonful paprika	

METHOD.—Mix the flour and cheese in a basin, rub in the butter, then add the pepper, and mix with the

egg-yolk, and if necessary a few drops of water to form a smooth paste. Roll out on a floured board about $\frac{1}{4}$ in. in thickness, stamp out some rounds or ovals, place them on a buttered baking sheet, prick them with the prongs of a fork, and bake in a sharp gas oven for about ten minutes.

CHEESE STRAWS.

INGREDIENTS.

4 oz. <i>flour (sifted).</i>	4 oz. <i>grated cheese.</i>
3 oz. <i>butter.</i>	<i>A pinch of cayenne.</i>
2 <i>tablespoonfuls cream.</i>	

METHOD.—Mix the flour and cheese in a basin, rub in the butter, add the cayenne, and moisten with the cream; work into a smooth paste. Roll out about $\frac{1}{4}$ inch thick, cut the paste into even-sized long narrow strips or fingers, place them on a buttered baking tin, and bake in a fairly hot gas oven for 8 to 10 minutes. Tie up into small bundles with coloured ribbon, and serve hot or cold.

STUFFED CUCUMBERS.

INGREDIENTS.

2 <i>large cucumbers.</i>	$\frac{1}{2}$ <i>lb. veal.</i>
$1\frac{1}{2}$ <i>oz. flour.</i>	1 <i>oz. butter.</i>
1 <i>gill stock.</i>	2 <i>eggs.</i>
<i>Salt, pepper, and aromatic</i>	2 <i>oz. ham or tongue.</i>
<i>seasoning.</i>	<i>Fried croûtons.</i>

METHOD.—Make some quenelle meat according to method given for chaudfroid quenelles; chop up the ham, and add to the mixture. Peel the cucumbers, and cut them into pieces about 2 in. long; remove

the seeds by means of a cutter, and poach the cylinders of cucumber in salt and water till tender. Take them up and fill them with the quenelle mixture, and poach them again until the quenelle meat is cooked—about ten minutes. Do not cook the cylinders too much at first or they will become too soft on the second cooking. Dress the cylinders on rounds of bread cut with a fluted cutter, place a small round slice of ham on each, and serve hot.

EGGS ON TOAST.

This is a very simple dish, in fact nothing more than baked eggs set in rounds or rings of toasted bread. The dish is often called "Ox-eyes."

Cut some slices of white or brown bread as you would for toast; toast them under the griller to a nice light brown colour; stamp out as many rounds as are required, cut out the centre with a smaller cutter so as to form rings of toast. Spread a little fresh butter over each ring, and place them on a well-buttered fireproof dish; break an egg carefully into each ring of toast, season with a little salt and pepper, pour about a dessertspoonful of fresh cream round each egg; put the dish in a slow gas oven until the white of egg begins to set; send the dish to table as hot as possible. Great care must be taken that the eggs do not get over cooked, and above all, that the yolks are not disturbed during the process of cooking.

CHICKEN AND HAM RISsoles.

Mince finely the remains of cold chicken, freed from bones and gristle. Add to this half the quantity of finely minced ham and a few minced preserved mushrooms (champignons); season with

salt and pepper. Fry two finely chopped and peeled shallots in $\frac{1}{2}$ oz. of butter, taking care that they do not get too brown; put in the minced ingredients, add also a small quantity of finely chopped parsley, and enough white sauce to moisten. Let it get thoroughly hot, stir well, and spread on a plate to get cold. Roll out some light paste $\frac{1}{8}$ in. thick, stamp out some rounds with a 2-in. paste cutter; put a dessertspoonful of the prepared mixture in the centre of each round of paste, wet the edge of the paste with water or white of egg, fold over and press down the edges lightly; they will then form "half moons"; brush over with beaten egg, cover with breadcrumbs; have the fryingpan ready with plenty of hot fat or lard, and fry the rissoles until they become a golden-brown colour. Drain well, dish up on a folded napkin or lace paper, and garnish with parsley; serve either hot or cold.

HAM RELISH.

Chop finely about $\frac{1}{2}$ lb. of cooked cold ham and 4 to 6 preserved mushrooms; chop each separately. Put two hard-boiled yolks of eggs into a clean well-tinned saucepan, rub with a wooden spoon till smooth, and add gradually a gill of double cream; chop the white of one egg finely, and add half of it, with the ham and mushrooms, to the cream. Stir over the gas until very hot, season with pepper and a pinch of cayenne; if found too consistent, add a little white sauce. Spread the mixture on some buttered toast cut into conveniently sized slices; sprinkle over with the remainder of chopped white of egg and chopped parsley. Serve either hot or cold; it is nicest served hot.

SCRAMBLED EGGS WITH MUSHROOMS.

INGREDIENTS.

3 eggs.	1 oz. butter.
8 small preserved mushrooms or an equal quantity of fresh ones.	Salt, pepper, and cayenne. A slice of buttered toast.

METHOD.—If fresh mushrooms are used, wash and peel them, chop them finely, and fry in a little butter. Break the eggs into a basin, whisk up well, and pour into a stewpan; chop the preserved mushrooms finely, or add the fresh mushrooms prepared as above stated, add the butter, season to taste with salt and pepper and a tiny pinch of cayenne. Stir over a brisk gas burner with a wooden spoon until the eggs, etc., are lightly set. Have the toast neatly trimmed ready on a hot plate or dish, dress the egg mixture on top of the toast, and send to table immediately.

CHEESE BALLS.

INGREDIENTS.

2 whites of eggs.	1 dessertspoonful cornflour.
2 oz. grated cheese (parmesan or gruyère).	A pinch of cayenne pepper. Frying fat.

METHOD.—Put the egg-whites into a basin or bowl, add a pinch of salt, and beat up to a stiff froth; stir in the cornflour and grated cheese, season with cayenne. Have ready some hot fat, drop in the mixture in teaspoonfuls, fry over gas fire for about five minutes, take up, drain, and serve quickly. Do not fry too many at one time.

FISH EGGS (SCRAMBLED).

INGREDIENTS.

3 eggs. [(flaked). 1 tablespoonful cream or
 2 or 3 oz. cooked fish 2 oz. butter. [milk.
 Pepper and salt. Buttered toast.

METHOD.—Beat up the eggs, add the cream or milk; season to taste. Melt the butter in a stew-pan, add the flaked fish, and fry over gas for a few seconds, stir in the eggs, etc., and keep stirring over the gas until the mixture begins to thicken. Have the buttered toast on a hot dish or plate, pile the mixture on to it, and serve.

ANCHOVY EGGS.

INGREDIENTS.

3 hard-boiled eggs. 2 oz. butter.
 1 teaspoonful chopped Parsley.
 1 tablespoonful anchovy essence or paste. Small cress for garnish.

METHOD.—Remove the shells from the eggs, cut them in halves and take out the yolks. Put the yolks in a mortar, add the butter and anchovy essence or paste; pound well, season with a little pepper, mix with the chopped parsley; fill the eggs with this, cut off the tips so as to make them stand, arrange them neatly on a dish, surround with small cress or other small salad, and serve.

HADDOCK CREAMS.

INGREDIENTS.

$\frac{1}{2}$ dried haddock. $\frac{1}{2}$ gill aspic jelly.
 $\frac{1}{2}$ pint cream. 1 tablespoonful mayonnaise.
 1 gill tomato pulp. $\frac{1}{2}$ oz. gelatine.
 Tarragon and chervil. $\frac{1}{2}$ oz. butter.

METHOD.—Decorate a number of small dariole moulds (previously masked with a thin layer of aspic) with tarragon and chervil leaves. Put the haddock in the gas oven, with a little butter on top, and cook for ten minutes; remove skin and bones, pound in a mortar, rub through a sieve, and let cool. Melt the gelatine in the tomato pulp. Whip the cream till stiff, add the mayonnaise sauce and the remainder of the aspic jelly, strain the tomato sauce, etc., into this, and stir gradually into the purée of haddock. Fill the moulds with this. Put them on the ice to set. Turn out on a cold dish, decorate with chopped aspic and small salad, and serve.

OLIVE SAVOURY.

INGREDIENTS.

<i>4 or 5 rounds of buttered toast.</i>	<i>1 dozen chopped olives.</i>
	<i>Anchovy paste.</i>

METHOD.—Cut some neat rounds of buttered toast, which must be thin. Spread them with anchovy paste, and sprinkle thickly with chopped olives. Press two pieces of toast together, butter the top slightly, set in the gas oven a moment, and serve very hot. Garnish with a little parsley or cress. Sufficient for eight or ten people.

COD'S ROE CROÛTES.

INGREDIENTS.

<i>$\frac{1}{2}$ lb. cod roe (smoked).</i>	<i>6 Spanish olives.</i>
<i>1 tablespoonful béchamel sauce.</i>	<i>Bread for croûtes.</i>
<i>1 teaspoonful anchovy essence.</i>	<i>2 yolks of egg.</i>
	<i>1 oz. butter.</i>
	<i>Cayenne.</i>

METHOD.—Put the cod's roe to soak in a marinade of cold water for two hours, drain, wipe dry, cut into

oval slices, and broil them lightly in butter. Beat the yolks of eggs, sauce, etc., and butter together, and warm up over the gas just long enough to set the eggs; this will form a smooth paste. Spread over some previously prepared oval-shaped fried bread croûtes, lay on the mixture rather thick, and place a slice of broiled roe on each. Stamp out the stone from the olives, fill them with the remaining egg mixture, cut in halves crossways, and ornament the tops of croûtes with same; sprinkle each with a little chopped parsley and a pinch of cayenne pepper, set in the gas oven for a minute or two, and serve very hot.

SAVOURY OMELETTE.

INGREDIENTS.

3 eggs.	1 oz. butter.
1 dessertspoonful chopped parsley.	1 tablespoonful milk or Pepper and salt. [cream.

METHOD.—Break the eggs into a basin, beat them well with a fork; add milk and parsley, season with pepper and salt. Dissolve the butter in an omelette or frying pan; when quite hot pour in the mixture, stir slowly with a fork over the gas with gas-jets turned well up, shake the pan; when set, roll the omelette on one side of the pan, allow it to take colour, then turn quickly on a hot dish and serve. A few chopped shallots may be added if liked, but they should be fried a little with the butter before the mixture is put in the pan.

SALMON TOAST.

INGREDIENTS.

$\frac{1}{4}$ lb. cold salmon.	1 teaspoonful lemon juice.
1 oz. butter.	Cayenne pepper and salt.
1 egg.	Some slices of buttered toast.

METHOD.—Free the fish from skin and bone ; break it up finely ; season with a pinch of cayenne pepper and salt, and add a few drops of lemon juice. Melt the butter in a stewpan, beat up the egg well ; put the salmon into the stewpan, stir over the gas until very hot, then add the beaten egg ; stir again until the egg begins to set. Spread the mixture on buttered toast, and serve.

CROÛTES OF LOBSTER.

Prepare some round pieces of bread about half an inch thick and one inch wide, stamp out the centre with a small plain cutter, fry in clarified butter, and drain ; when cold put a little small cress in the bottom of each, fill up with lobster paste, on the top place a thin slice of hard-boiled egg, put some more lobster paste to form the shape of a pyramid ; mask each croûte with a spoonful of stiff tartare sauce just before sending to table, and garnish with stoned Spanish olives and parsley.

MILANESE PUDDING.

INGREDIENTS.

4 oz. <i>macaroni</i> .	1 lb. <i>cold roast or boiled</i>
4 oz. <i>bacon or ham</i> .	2 eggs. [beef.
1 <i>teaspoonful mixed savoury</i>	1 <i>tablespoonful gravy or</i>
<i>herbs (fresh or dried)</i> .	<i>rich stock</i> .
<i>Salt and pepper</i> .	1 oz. <i>dripping</i> .

METHOD.—Cook the macaroni till tender in slightly salted water, drain and cool ; line a well-greased pudding tin with the cooked macaroni, and place in a cool place till wanted ; chop finely the cold beef and bacon or ham ; mix with the savoury herbs and some finely-chopped lemon rind, if handy ; season to taste

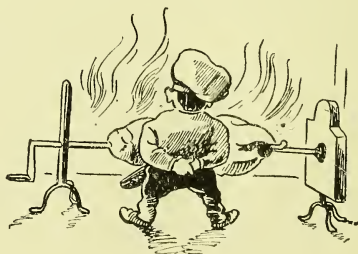
with pepper and salt, and stir in the eggs one by one ; add the gravy or stock, and fill up the prepared mould ; bake in a moderate gas oven from 30 to 40 minutes ; turn out on a hot dish, and pour over some hot tomato sauce.

BREAD AND CHEESE FRITTERS.

INGREDIENTS.

2 oz. stale bread (crumbly part).	<i>Panurette.</i>
	[or <i>parmesan</i>].
4 oz. grated cheese (<i>gruyère</i>)	1 gill milk.
2 yolks and 1 white of egg.	$\frac{1}{2}$ oz. butter.
1 whole egg, beaten.	1 saltspoonful oriental <i>Frying fat.</i>
	[salt.

METHOD.—Cut the bread into dice, and put it in a basin, pour over the milk (made warm), and allow to soak for 20 minutes ; pour off some of the milk, add the cheese, and stir in the yolks of eggs ; put this into a stewpan with the butter, add the seasoning, and stir till the mixture is warm through ; allow it to cool a little, then add the white of one egg whisked to a stiff froth ; mix gently, and form into even-sized balls ; dip them in beaten egg, cover well with panurette ; when set repeat the operation. Have ready some hot fat ; fry the balls in this ; drain on paper or cloth, dish up on a hot dish with a lace paper or folded napkin, and serve.



DISHES FOR INVALIDS AND CONVALESCENTS.

BEEF TEA (QUICK METHOD).

INGREDIENTS.

$\frac{1}{2}$ lb. lean beef.

$\frac{1}{2}$ pint water.

Salt to taste.

METHOD.—Choose good juicy beef, such as buttock steak or topside ; remove the fat and skin, shred across with a sharp knife, or pass it twice through a mincing machine ; put the shredded meat, cold water and salt into a saucepan, and allow it to stand for fifteen minutes to soak ; light the gas, turn down jets a little, and heat it slowly ; stir all the time ; cook gently, until the liquid turns a rich brown, and strain ; skim off any grease, and serve in a cup with fingers of toasted bread.

BEEF TEA (SLOW METHOD).

INGREDIENTS.

$\frac{1}{2}$ lb. lean beef.

$\frac{1}{2}$ pint water.

Salt to taste ($\frac{1}{4}$ teaspoonful).

METHOD.—Proceed to prepare the ingredients as in the foregoing recipe ; put the shredded meat, water and salt into an earthenware jar, cover with paper, and tie down ; place the jar in a saucepan of boiling water, turn gas jets down low, and keep it simmering for about three hours on top of the gas stove or in the gas oven ; the contents should be stirred from time to time ; strain carefully and remove all the grease. It is then ready to serve.

CHICKEN BROTH

INGREDIENTS.

$\frac{1}{2}$ of a chicken. 1 quart water.
 Pepper and salt to taste.

METHOD.—Cut the chicken into small pieces; put it into a saucepan with the cold water; simmer gently for about three hours; season and strain. If liked, an ounce of tapioca or barley may be cooked with it. A small chopped onion would also make it more savoury. Giblets may be used for this broth instead of a whole chicken.

MUTTON BROTH.

INGREDIENTS.

1 lb. scrag end of mutton. Salt to taste.
 1 dessertspoonful pearl 1 quart water. [parsley.
 barley or sago. 1 teaspoonful chopped

METHOD.—Cut the mutton into small joints, trim off the fat. Put it into a saucepan with the water; add the salt, and bring slowly to the boil. Skim well. Add the barley or sago. Simmer gently for about three hours; skim well, then add the parsley. If vegetable flavouring is allowed, add a small onion, half a small carrot and turnip, all cut up small and cooked in the broth.

BOILED FISH AND SAUCE.

INGREDIENTS.

1 slice of cod, a whiting Salt to taste.
 or a sole. 1 teaspoonful vinegar.

METHOD.—Clean, trim and wipe the fish, put it into a saucepan of hot water with the vinegar and salt. Cook gently for about ten minutes. Test it

with a skewer to see if cooked. Drain, and serve on a hot dish, and garnish with parsley. If sauce is allowed to the patient, the following may be served :

INGREDIENTS FOR SAUCE.

1 oz. butter.

Pepper and salt.

1½ gill milk or fish stock. 1 teaspoonful lemon juice.

½ oz. flour.

METHOD.—Melt the butter in a saucepan ; stir the flour in smoothly with a spoon, cook it whilst stirring ; add the milk, and stir until it boils. Season with pepper, salt and lemon juice. Pour into a sauce boat, or over the fish, and serve.

PLAIN OMELETTE.

Take two eggs, 1 oz. of butter, one tablespoonful of milk or cream, pepper and salt. Break the eggs into a basin, beat them well with a fork, add milk, and season with a tiny pinch of pepper and salt. Dissolve the butter in an omelette or frying pan ; when quite hot pour in the mixture, stir slowly with a fork over a quick gas burner, shake the pan, when set roll the omelette on one side of the pan, allow it to take colour, then turn quickly on a hot dish, and serve. A few chopped shallots may be added if liked, but they should be fried a little with the butter before the mixture is put in the pan.

SCRAMBLED EGGS.

Beat up two small fresh eggs, add a teaspoonful of bovril or a tablespoonful of rich gravy, pour this into a small saucepan, add about half an ounce of fresh butter, and stir over the fire until the eggs begin to set. Have ready a slice of toasted bread, butter it, place it in a hot plate, and pour the egg mixture upon it.

BEEF TEA JELLY.

Soak half an ounce of gelatine in water. Heat up nearly a pint of strong beef tea, or mix a small pot of bovril with three-quarters of a pint of hot water. Drain the gelatine, melt in a small stewpan, and add to the beef tea when quite dissolved. Strain into a wetted mould, and stand in a cool place till firm. Unmould, and serve as required.

GRILLED CHOP.

Turn on and light the gas which heats the griller. Season the chop with pepper and salt. Brush the gridiron over with butter or a little salad oil. Cook from four to six minutes on each side. Dish up. Mix a small pat of butter with a little chopped parsley, and put the parsley butter on the chop; garnish with a few nicely fried potatoes (ribbons or straws).

WHITING SOUFFLÉ.

INGREDIENTS.

<i>2 whittings (skinned).</i>	<i>3 small eggs.</i>
<i>1½ oz. flour.</i>	<i>1 oz. butter.</i>
<i>1 gill milk.</i>	<i>¼ gill cream.</i>
<i>Salt and pepper.</i>	<i>A grate of nutmeg.</i>
<i>½ small onion stuck with 1 clove.</i>	<i>½ teaspoonful lemon juice.</i>

METHOD.—Free the fish from bones, and put the latter in a stewpan with the milk, onion, and half a gill of water, and set to boil. Pound the fish and rub it through a sieve. Melt the butter in a stewpan, stir in the flour, cook it for a few minutes without browning, moisten with a gill of the fish stock above prepared, stir until it boils, and let it cook for a few minutes. Allow it to cool a little, then add the whiting purée and the yolks of eggs one at a time; season with salt, pepper, nutmeg and lemon juice.

Whisk the whites of eggs to a stiff froth, and stir this together with the cream carefully into the mixture. Pour it into a well-buttered charlotte or timbale mould, cover with a buttered paper, and steam from forty-five to sixty minutes, according to the size of mould used. To serve turn it out on to a hot dish, and pour over some white sauce.

CROQUETTES OF CHICKEN.

INGREDIENTS.

Take the remains of a chicken; remove bones, skin, and gristle. To every $\frac{1}{2}$ lb. of meat use :

4 oz. *coarse-grained florador.* 2 oz. *boiled ham or bacon.*

1 egg. 2 oz. *butter.* Half a *small onion.*

Breadcrumbs. *Seasoning.*

METHOD.—Chop the chicken meat and ham rather finely, mince the onion and fry it in the butter a pale colour, put in the minced meat, and fry a few minutes; take up and keep warm; boil half pint stock or water, stir in the florador, work over the gas until it boils, allow to cook for ten minutes; then add the prepared mince, and cook for another five minutes or so; season to taste with pepper and salt; stir in the egg previously beaten, let it get thoroughly hot, then turn the mixture on a dish or plate, and allow to get cool; shape this into conveniently sized cutlets, balls or corks, brush over with beaten egg, cover with breadcrumbs, and fry in hot fat or lard a golden colour; drain on a cloth or paper; dish up; garnish with fried parsley, and serve.

CUSTARD PUDDING.

INGREDIENTS.

2 *whole eggs* (or 3 *yolks* 1 *dessertspoonful castor*
and 1 *white of egg*). *sugar.*

Flavouring essence if liked. $-\frac{1}{2}$ *pint milk.*

METHOD.—Break the eggs separately into a basin,

and cream with the castor sugar, work together with a wooden spoon until they become quite light, then add the milk and the flavouring; take a small pie dish and grease it with clarified butter; strain custard into the dish, stand it in a tin containing a little cold water, and bake in a moderate gas oven. It will take about half an hour. The temperature of the oven should not exceed 160 deg. for baking a custard pudding.

BAKED ARROWROOT PUDDING.

INGREDIENTS.

1 *tablespoonful arrowroot.* $\frac{1}{2}$ *pint milk.*
Castor sugar. 2 *eggs.*

METHOD.—Mix the arrowroot with a little cold milk, and make a smooth paste; boil half pint milk, and pour on to the arrowroot; stir well; return to the saucepan, and boil for three minutes; take off the gas, and stir in the yolks of eggs; add sugar to taste; beat the whites of eggs to a stiff froth, and stir lightly into the mixture; pour into a buttered dish, and bake in the gas oven for about ten minutes. This is an exceedingly nice and light pudding, and is very nourishing.

EGG JELLY.

INGREDIENTS.

1 *pint milk.* $\frac{3}{4}$ *oz. gelatine.*
 $1\frac{1}{2}$ *oz. sugar.* *Lemon rind.*
A small piece of cinnamon. 3 *yolks of eggs.*

METHOD.—Boil up the milk with the cinnamon and a thin piece of lemon rind; add the sugar, stir the egg-yolks in a basin, pour on the milk boiling, stir well, and return to the pan in which the milk was boiled; stir over the gas for a few minutes to bind the eggs (it must *not* boil), and strain into a clean basin; soak the gelatine in a little water, drain, have gas jets turned down low, and melt the gela-

tine ; then strain into the custard before it gets cold ; mix well, and let cool ; pour the mixture into moulds, and keep on the ice till set ; unmould in warm water, and turn out. Another nice jelly is made by omitting the milk and using the juice of two lemons and water to make up a pint of liquid. A little more gelatine and more sugar will be required. The process is the same as above.

MILK JELLY.

INGREDIENTS.

1 *pint milk.* ½ oz. *gelatine.*
Lemon rind or cinnamon. 1 oz. *sugar.*

METHOD.—Soak the gelatine in water, drain, and put with the milk, which must be boiled with lemon rind or cinnamon. Add the sugar, and let the milk, etc., stand on gas stove with gas jets turned down very low for ten minutes or so. Rinse a pint mould, or several small ones, in cold water, strain the milk into it, and keep in a cool place to set. Unmould and serve.

CORNFLOUR BLANC MANGE.

INGREDIENTS.

1 *pint milk.* 2 *tablespoonfuls cornflour.*
Lemon rind or cinnamon. 1 oz. *sugar.*

METHOD.—Mix the cornflour with a little cold milk, and stir into the remainder of the milk when boiling. Use either cinnamon or lemon rind to flavour, and boil with the milk and sugar. Cook the cornflour with the milk for three minutes, stirring all the while. Take out the flavouring ingredient, rinse one or two more moulds in cold water, and proceed as above.

PORT WINE JELLY.

INGREDIENTS.

1 oz. *French leaf gelatine.* 3 *gills port wine.*
 1 oz. *loaf sugar.* [*jelly.* The juice of 1 *lemon.*
 1 *tablespoonful red currant* 1 *gill water.*
The white and shell of 1 egg.

METHOD.—Cut up the gelatine, and put it to soak in the water. When well soaked put this in a clean well-tinned stewpan, add the lemon juice, sugar, and red currant jelly. Beat up the egg-white with the shell, and put this into the stewpan. Whisk the whole over the gas; when the gelatine is dissolved add the port wine, and continue to whisk until it boils. Turn down gas jets for a few minutes; it may simmer gently but it must not boil. Strain through a jelly bag or thin cloth or napkin. When clear fill up into one large or several small moulds, and put in a cool place to set. If a deeper red is desired, a few drops of cochineal may be added just before the jelly is strained.

GRUEL (NOURISHING).

Mix an ounce of patent groats with a tablespoonful of gravy or a dessertspoonful of bovril, and add enough cold water to make a smooth paste; pour this into a saucepan containing about a pint of boiling water, stir till it boils, turn down gas jets, and simmer for ten minutes longer. A little fresh butter may be added, but as a rule gruel for invalids should not contain any fat.

MILK POSSET.

Boil a pint of milk, pour this over two or three slices of soft bread cut into dice; add a little grated nutmeg, a dessertspoonful of castor sugar, and a tablespoonful of sherry or brandy. Serve very hot. This is excellent for colds.

EGG FLIP.

INGREDIENTS.

1 egg.	1 dessertspoonful castor
1 glass sherry or brandy.	sugar.

METHOD.—Stir the raw yolk and sugar in a tumbler till creamy, then add the wine. Beat the white to a stiff froth, and stir it lightly in. Serve. Half the juice of a lemon may be used instead of the wine if liked.

THE "MAIN" COOKERY BOOK.

WITH SPECIAL REFERENCE TO

COOKERY BY GAS.

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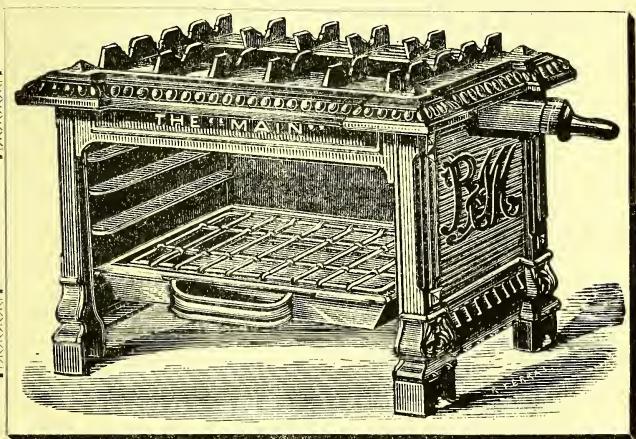
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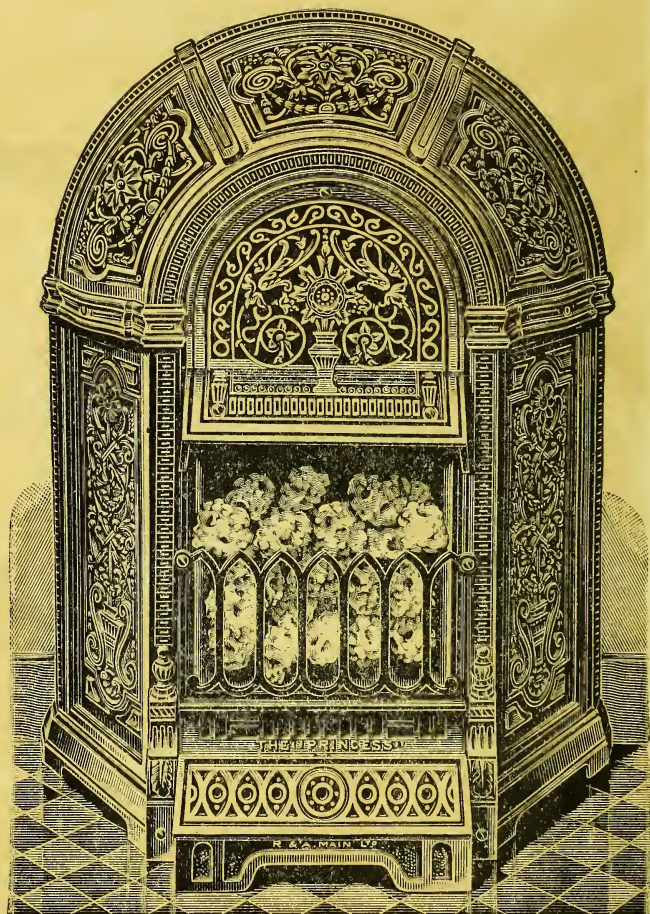
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The “MAIN” Gas Fires.



On Hire from Principal Gas Companies.

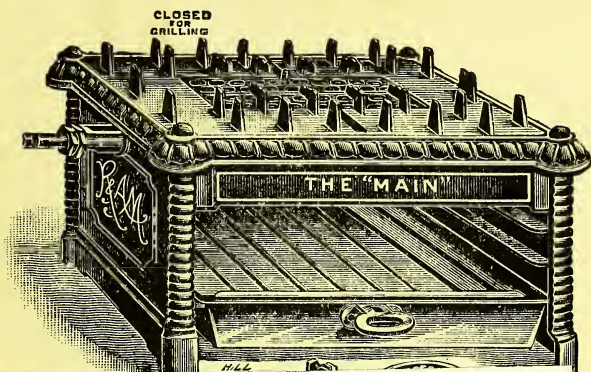
NO SMOKE.

NO DUST.

NO ASHES.

*A great number of beautiful designs to choose from.
Lists on application.*

THE "MAIN" Grilling and Boiling Stoves.



Supplied complete with tinned grill pans and wire grids. Very suitable for use with Prepayment Meters.

No. 6/6

No.	Wide	Front to Back	High	No. of Burners	PRICES	
	in.	in.	in.		s.	d.
216	9	11½	4½	1 Grill Burner	8	6
217	14	11½	4½	1 Griller, 1 Boiler	12	6
218	16	12	4½	1 „ 2 „	14	6

